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EUGENE CHRISTAIN

Uncooked Foods & How to Use Them

A TREATISE ON HOW TO GET THE HIGHEST FORM OF ANIMAL ENERGY FROM FOOD

With Recipes for Preparation, Healthful Combinations and Menus :: :: ::

By

Mr. & Mrs. Eugene Christian

As the building material is, so the structure must be.

NEW YORK
THE HEALTH-CULTURE COMPANY
151 West 23d Street
1904

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BY
EUGENE CHRISTIAN

Dedication

To the Women of America
on whom depend the future greatness
of our glorious country,
we most affectionately dedicate
this work.

We may live without poetry, music and art,
We may live without conscience, and live without heart;
We may live without friends, we may live without books,
And civilized man *can live* without cooks.

(*Apologies to Owen Meredith.*)

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WHY THIS BOOK WAS WRITTEN.

SOME years ago we, the authors of this work, both became so impaired in health as to almost totally disqualify us for the performance of our daily work. A very exhaustive study of our condition convinced us that it was caused mainly, if not wholly, by incorrect habits in eating. This brought forth a very careful and studied series of experiments in diet which was confined entirely to cooked foods, because we at that time accepted implicitly the common theory that foods could be predigested and improved by heat.

Failing utterly in this, our attention was turned toward what have been called natural foods, but what in reality mean food in its elementary or unchanged state. Less than a year of study and experimenting with this system of feeding resulted in the total elimination of all stomach disorders and our complete restoration to perfect health. From scientific research, in addition to these failures and successes, we have studied out a system of both eating and drinking, which has been tried

by many others under our direction, and in every instance health, strength and vitality have come to those who have obeyed our instructions.

In order to bring this theory more conspicuously before the public we gave a seven course dinner or banquet of uncooked foods, which was attended by many distinguished New York people. It received much attention by the New York press, and was widely commented on all over this and foreign countries through the press exchanges. A flood of inquiries concerning the use of uncooked food, especially referring to their remedial values, followed this publicity. This gave the first hint of the great interest that the public is now taking in this method of living.

These inquiries showed that thousands of intelligent people were dissatisfied with their present methods of living.

A second Elementary food banquet was spread at the same hostelry a few months later, which was given still wider publicity by the press, and which brought forth inquiries in such volume and of such intricate detail that it became impossible to answer them. Therefore as a labor saving method of making reply and in order to place intelligently before the public the results of our work and experiments, it was decided to incorporate them into pamphlet form. But it was soon

discovered that this was entirely inadequate, so the present volume is the result.

If it gives to men more strength, more vitality, more endurance; if it gives them more health and less disease, more sympathy, more affection and more love. If it gives them higher senses of Mercy and Justice which flow more freely from a fountain of robust health, and which are the warp and woof in the great fabric of a higher civilization!

If it contributes one degree to the elevation and freedom of woman, if it gives her one hour more of pure air and sunshine, if it gives her new thoughts, new dreams, new hopes with which she may endow the race to be, if but in dreams it shifts the scene from four dark walls hung with pots and bones to gardens and fields, where nature's bounteous store of purple and red is swung with prodigal hand in sunshine and autumn leaves, waving and waiting to mingle their life with hers; if it brings her more youth and years, less sorrow and tears, if this book in the least lightens the leaden load that has been laid upon her by our civilization,—if in all the world it changes one hour of suffering to an hour of peace or pleasure, we will be repaid.

EUGENE CHRISTIAN.
MOLLIE GRISWOLD CHRISTIAN.

INTRODUCTION.

THE earth moves, and man, its little masterpiece, is growing apace. After spending ages in scanning stars and flowers, and mountains and trees—after vain effort to find truth in the objects about—man has discovered himself. He has come into his own, the kingdom of self-knowledge, self-control and self-development. In the early times he was a blind instrument in the hands of the Great Father. Blindly he worked and rested, and slept. Blindly he procreated. Blindly he ate what came to his hand, asking only physical gratification.

But now—the earth moves, and man has graduated from the dull life of the flesh, and has entered into his kingdom. He has great, shining dreams of what he would be and know and do. He would work harder, think deeper, aspire higher than his forefathers. He demands of himself tasks of which they did not dream. To fulfil these demands he must have greater

strength, endurance, nervous vitality. He must increase his powers. To increase his powers he must know how to work, how to rest, how to feed his body—to feed his body so that it may be strong instead of weak, alive instead of dying.

Of all the problems of practical life the question of feeding is the most important. Not only the individual but the race suffers from errors of diet. Many solutions have been proffered. Some of these are better than the conventional diet; others worse. Of the plans of diet that have been expounded for the betterment of man there is one that seems to be ideal—that fulfils every requirement, physiologic, sensuous, domestic and esthetic. This plan of diet provides a food that maintains the body and mind in the highest health and vigor, that is gratifying and enticing to the palate, that needs practically no preparation and that, by its appearance and its associations, appeals most strongly to the imagination. Having said so much it is needless to add that the plan referred to is the "Uncooked Food," sometimes called the "Elementary Food" plan.

The picturesque features of the new diet (that is to say the oldest of all diets readopted)—the beauty, the economy and the splendid feeding properties of the new diet have made for it, within the last few years, thousands of advocates among

the most intelligent and advanced classes of people. Those people have at times felt keenly the need of some reliable advice as to the preparation and service of these beautiful foods. In my capacity as editor of HEALTH-CULTURE, a journal of wide circulation, I have received many such letters. To none of the writers have I been able to give the full and satisfactory information desired.

It has been said by some confiding soul that for every issue needing a man of certain powers the man is somehow provided. In one instance this has been doubly fulfilled. The issue was need of information on a very important subject—diet. And to meet this issue—to give information on this important subject—there came not only a man, but a man and a woman. Besides his many other qualifications, Eugene Christian is to-day recognized as an expert on the question of food and diet. Mrs. Mollie Griswold Christian has studied the subject from every standpoint; and her practical experience as a dietary expert has given to this brilliant young woman a knowledge of all phases of the diet question. The information provided by these two students of the art of living is plain, practical and authoritative. It opens the door to a new world. For with the great English pathologist, Alexander Haig,

M.D., V.R.C.P., etc., of London. I firmly believe that "in diet lies the key to nine-tenths of those social and political problems that vex our age and time."

The "present scribe" fully agrees with the eminent authority quoted. I believe that the greatest advance in solving these problems will be made through reform diet. And that, up to the present, the best solution of these problems, I believe, is found in the use of the uncooked foods.

W. R. C. LATSON, M. D.

THE PROBLEM OF PROBLEMS.

EVERY century since civilization began has left upon the pages of history some great thing, something worthy of a place in literature and memory. Empires and dynasties have arisen and fallen like bubbles on the water; bloody typhoons called wars have swept over the earth and exterminated races and changed the geography of the map of the world.

The mind of man was employed for thousands of years in trying to ascertain where he came from, for what purpose he was here, and where he was going. Stimulated and excited by invention and travel, only a few hundred years ago the faculties of gain and accumulation began their development. These have evolved on and on, until they have reached such ugly and vulgar eminence that it is no longer respectable to be extremely rich.

It is only of recent years that the intelligence of mankind has been directed towards finding out

the really useful things in life. If we mistake not, this decade will stand out in history as one of the most important since the world began. Its greatest achievement will be that it has put into motion a tidal wave, a current of thought that will do more for the human race than all the mighty ages and musty centuries that have gone into the eternity of the past.

So long as men looked into the heavens and said, "The Lord will provide" they never took much interest in performing that very important task themselves. So long as they depended upon ignorant kings and rulers for guidance, the brain was a useless lump of clay; but in this decade the people are thinking.

The question mark is the sign of the times. The universal password is "Why?"

Why is disease so common, and perfect health so rare?

Why are the great majority of people afflicted?

Why has the word "ease" been changed to "disease"?

Why do we find so many specimens of perfect health and development in all other forms of life, and so few among mankind—*the king?*

All forms of animal life on this globe live about eight times their periods of maturity, except man. He matures at about 24. Measured therefore

by all other forms of life, he should live nearly 200 years. But he drops into his grave at an average age of 40—while he is yet in his youth.

There is some good reason for this. We believe the answer must be found in a consideration of the material from which his body is constructed.

Of what is he made? With what kind of material does he keep himself fed and repaired? He must be what his food has made him.

Disease is merely the outward expression or penalty for violated laws.

Health is nature's reward for conformity to her laws.

If man's present condition is imperfect and unnatural, to what must it be attributed?

The question will soon be solved. It cannot long remain unanswered. It is too great, too important, too stupendous, too serious for the great throbbing heart of the world to go on and give it no thought. The best talent in America, that throne and home of genius whose light and literature have encircled the world, is beginning to turn toward this question. Men are really beginning to think something about the material out of which they construct themselves.

It is indeed amazing to think that all these years have come and gone, and that such a vast

amount of human thought has been bestowed upon the arts and all the sciences except one, viz., what kind of material will bring mankind to the highest state of mental, moral and physical development.

THE FUNCTION OF FOODS.

THE true function of food is to supply material for growth, and for new tissue, to replace that worn out by effort. Things which do not serve these two purposes cannot be consistently classed as foods. On the contrary, they are exactly the opposite; for when they are taken into the body, they must be excreted at the expense of energy. These facts should be observed in the preparation of all materials used as food.

What we call life is but the ever-changing expression of organic matter. Just how it is created, how from the protoplasm or the tiniest molecule there comes the well-organized being—what strange change takes place when two atoms called germs are blended, to create a living thing, what gives it form, color and intelligence—all these things are as deeply buried in the realm of the unknown as they were a million years ago.

All we know is that all life must comply with

certain natural laws in order to be free—for a man in the throes of disease is not free. He is a vassal, a slave. He is in bondage. He has himself fastened fetters on his flesh by his own foolishness—by disobeying nature's laws.

Obedience to these laws will keep life in the line of evolution to higher and higher degrees of perfection till it reaches that zenith to which nature is ever striving to bring all she creates.

But if these laws are violated the process of evolution is interfered with, and the penalty is expressed by disease and death.

In the support and maintenance of life the first and most important thing is the substance upon which it feeds. Animals in their native state seem to put the proper appreciation upon foods. They instinctively reject that which is harmful—that which would interfere with nature's process of evolution—and accept as food that which is good for them. Man does not act with such wisdom. Civilization has created for him artificial environments in the chaos of which his instincts have been lost.

The most important thing that can possibly engage the thoughts of mankind is how to build the human body, how to bring to their highest development all its faculties. This must depend

upon something, must be made of something. That something is food.

It looks incredible indeed that the wisest, wealthiest and most philanthropic men the world has ever produced would spend great fortunes and many of the best years of their lives in erecting and perfecting such things as astronomical observatories, in creating instruments and delicate scales upon which the worlds are weighed and distances measured to the remotest planets, knowing full well that when all this magnificent array of knowledge was gained that it would be of no possible benefit to mankind except the mere satisfaction of knowing that it was known. It seems incredible that they would do all this, yet give absolutely no thought or attention to the selection of the material out of which the body and brain are made, upon which, therefore, men must depend for their health, their contentment and happiness; yes, even their ability to think out these intricate problems.

Man seems to have appropriated for food everything he could lay his hands on. His chief study and delight seems to have been the mixing and stirring together of all sorts of things, the combinations of which go on to infinity. No chemist in the world would dare risk his reputa-

tion upon an attempt to analyze an ordinary Thanksgiving dinner.

The only true function of food is the growth and support of life. The needs of the human body are very limited. All the nutritive elements it requires can be found in their purest form in less than half a dozen different articles, which in a natural and healthy being should be selected by the demands of the system expressed by hunger. There is therefore no reason for feeding upon the innumerable variety and endless and senseless mix-ups that are served upon the average table.

By long persistence in incorrect and unnatural habits of eating and drinking the body will seemingly adjust itself to false conditions. The argument is nearly always brought forth that "my foods taste good," "they seem to agree with me," "I am never sick," etc., etc.

This appears convincing, but it is not even entitled to serious consideration, unless the other (natural) method has been also tried. Unnatural livers have no standard to measure from except their own. They know not what the result would have been had they lived naturally and correctly.

Mr. Gilman Low, of New York, who is in many respects, perhaps, the most perfect specimen

of manhood in the world, thought the same thing, and argued the same way for many years. But he tried the new method of living. He decided to subsist entirely upon foods in their elementary condition, and to limit his bill of fare to a very few articles. As a result he lifted, in the presence of a party of friends, a few weeks ago, one million pounds in thirty-four minutes, lifting 2,000 pounds at a time. He possesses a kind of strength and endurance that is the marvel of the athletic world to-day.

He has the new standard to measure from. It takes experience to constitute an authority. It takes experience to convert theory into knowledge. Of all those who will oppose these methods, not one probably will speak from experience. Not one will possess an opinion that would be taken in a court of justice on any case involving a dollar bill.

Mr. Low is not a professional strong man. He is a level-headed young business man, an artist, who had sense enough and nerve enough to cease plodding on in the dusty pathway of others—who decided to try something new, because it appealed to his common sense.

Every faculty in our being conspires together to aid the body in conforming to the requirements of natural law. Foods in their natural or ele-

mentary state (that the taste will at first revolt against because it has never come in contact with them) will soon become extremely delicious and satisfying; so much so, that the appetite will demand no other.

When this condition is attained foods begin to perform their natural functions. They delegate to the body all their latent powers and energies. They bring it to the highest degree of development of which it is capable. Language fails to describe the difference between the emaciated dyspeptic, who is fed on the so-called "fat of the land," and the rugged, robust, red-blooded individual who subsists entirely upon nature's unchanged, elementary foods.

FOOD PRODUCTS.

THAT type of life to which man belongs, if traced chronologically from age to age, and geographically from land to land, will be found to have originated in the tropics, or the warmer belts of the earth's surface. His primitive food was plants.

As the ages progressed and he ascended a little farther up in the scale of evolution, he added fruits, and further on nuts, to his dietary. So far as his physical needs were concerned, this combination, plants, fruits and nuts, composed the most perfect diet he has ever subsisted upon.

There are numerous forms of anthropoidal life in these southern climes that bear testimony to the wonderful strength, agility and endurance that can be builded from these simple foods. In some parts of Africa there is a type of gorilla which subsists entirely upon these foods in their natural state, and which can twist with his two

hands the barrel of a Springfield rifle into a shapeless mass in an instant.

Every step that man has taken in the long and devious road of civilization, added to his love of travel and romance, and his instinctive curiosity, and unsatisfied desire for something—anything he did not possess.

Every step that he took beyond the limits of his own country involved the question of food. Especially as he migrated northward the storing of food products to tide him over from season to season became a question of very great importance, one that involved the question of life and death. All the faculties were employed almost wholly in his endeavor to solve this one dominant question. He began to think, to study, to experiment.

He had emigrated beyond the limits of his native land, where he could live from the bountiful prodigality of nature. He found himself confronted by all the hazardous vicissitudes of climate and vegetation. Roots, herbs and every vegetable thing was tested as food, and during periods of famine and hunger, in sheer desperation he slew and preyed upon even animal life.

It is certain that the custom of flesh eating among the ancients began with the direst neces-

sity, with the choice between that or death by starvation.

The first cereal product known to history was a small seed or berry, the product of a wild grass called *sativa* or *sativum*. From *triticum sativum* was developed the wheat plant; from *orysa sativa* came the rice. These two great staples came substantially from the same root. The one planted in the more northern latitudes produced the wheat, while the same plant in the tropical and semi-tropical regions developed the rice.

It was during the time that man was sorely put to it to find and produce foods which he could store for winter use, probably, that foods classed as legumes, that is to say, every product that grows in a pod, of the bean and pea variety, became so highly developed and universally used. There are about 7,000 species in the legume family contained in about 450 different genera.

The enormous variety of things that could be used as food because they would sustain life, which had been discovered by mankind in his more primitive years, were passed on from generation to generation and mixed, crossed and combined to appease the appetite of the wealthier classes. Besides this extensive bill of fare that had been discovered and compiled from necessity, the earth's surface was again scoured to find things that

would tickle the palate of the priests and rulers of the Oriental world.

The natural trend of civilization is to group people together in communities, settlements and cities. The natural tendency of this, under ancient, and even our present social system, was to concentrate wealth, the result of which is always the division of society into two classes, namely, producers and non-producers.

This condition left its mark upon the inhabitants of ancient cities. Idleness sought employment and entertainment in many forms of dissipation, the most prominent of which was feasting—eating and drinking. The ancient Romans at their feasts would eat as long as they could comfortably sit up, and then lie down, and in this position finish their feast. Then they would repair to a vomitorium, where they would disgorge themselves.

The result of this was mental and physical decay among the wealthier classes. It was at this time that Augustus Cæsar was changing the Rome of brick to the Rome of marble, and she was boasting that her art, language and literature were ornamenting and civilizing the world, when in reality among her wealthier classes was being sown the seeds of her ultimate decline.

Our present methods of sustaining life from

food are but a mirror made from the fragments of man's past and curious history, in which the student can see reflected through the ages that have gone the primitive man and the food and habits which brought him to such a high degree of physical perfection.

During the whole life of primitive man he would not eat more than a half dozen different varieties of food, while it is estimated that the average American can select from 1,000 articles.

It would be impossible, as well as useless, to try to enumerate all the articles used as food, and especially to attempt to give their analyses or nutritive values. All we wish to show are the reasons why man has become so omnivorous. We want to make him think. We merely want to give him material out of which he can weave his own conclusions.

We want no one to accept our theories of the food question without thorough investigation and study. If he does, he will eternally be wavering between two opinions, and like all those who bestride great questions, will never accomplish anything of value on either side.

"RAW" FOODS.

FOODS that have ripened and been brought to a state of maturity by nature cannot consistently be called "raw." The origin of this word was the effort to describe something that was unfinished, that was crude, that was rough, or in some way objectionable.

Think of applying this ugly word to a luscious bunch of purple grapes swinging to and fro in bowers of green. Or to a hickory nut that has ripened in the top of a mountain tree, whose life-giving properties have been filtered through a hundred feet of clean, white wood. Or to a delicious apple, or peach, reddened, ripened and finished,—nursed in the lap of nature, rocked in her ethereal cradle, and kissed from the odorous blossom of infancy on to maturity by the soft beams of the life-giving sun, the Parent of all light and life.

These things are finished, ready for use; they are perfect, they are not raw, they are done; and

when they are cooked they are undone. They are as far removed from their finished and done condition as if they were green or but half grown.

In the true sense of the word, cooking that which nature has ripened in reality renders it raw—hopelessly raw. The Standard Dictionary says that raw means uncooked; but dictionaries are made by men. They record as true whatever becomes a custom, and if custom makes an error, then the dictionary makes an error. If custom were to make raw mean finished, the dictionary would accept it as true.

Language is a thing of growth and development. It is an oral effort to express our emotions, our hopes, fears, joys, sorrows and sympathies. Language is continually being born and continually being buried.

We cannot accept the sweeping statement that all things are raw that are not cooked, though a thousand dictionaries were to say so.

An uncooked beafsteak could, with much consistency, be called raw. It looks raw and tastes raw. In the sense that the skin worn from the shoulder of a horse by a rough collar makes a raw place, so is an uncooked beafsteak raw. But this word cannot be made to truthfully describe fruits, nuts and grains in a perfect state of maturity. They have been finished by nature, by some su-

preme intelligence, and sown with prodigal hand over the face of the earth, and man has become the beneficiary thereof. And none of his work and puny efforts can possibly improve them.

ECONOMY—SIMPLICITY.

IF there were nothing else to recommend the use of uncooked foods except simplicity and economy, it would be quite enough. There is nothing more complicated—more laborious and more nerve-destroying, than the preparation of the alleged good dinner. There is nothing simpler, easier and more entertaining than the preparation of an uncooked dinner. The largest eating place in New York could be operated from an ice box and a pantry, were they to abolish the cooking habit. This in all probability will be done a thousand or more years from now, when people learn the true relations between food, energy and health.

In order to gain some conception of the number of articles used in the preparation of a Thanksgiving dinner, the authors took a very careful inventory during its preparation, from the kitchen of a New York hotel to which they had entrée. The total was 192, while dozens of articles

counted as one, such as catsups, sauces, mayonnaise dressings, chow-chows. Such things were composed of from two to half a dozen different ingredients, which, if they could have been ascertained, would have run the grand total up, in all probability, to 250 different articles.

Is this not a hint from which any one at all gifted with the power of analysis might draw a few deductions that would explain why it is that nearly all diseases common to civilized man have their origin in the stomach and intestinal organs?

All these food items must be carried in stock by somebody. They are first collected from the place of their growth, and brought to storehouses, factories, packing houses, mills, and cookeries, and put into casks, hogsheads, barrels, kegs, jugs, bottles, tin cans, bags, intestines of animals, and every conceivable thing that will hold liquid, powder, grain and piece matter, and are carted to some place of storage, sold by commission men, resold to jobbers, again carried in stock for a time, sold to dealers, where they are again held up and finally sold to the consumer, who has no conception of their age or where they are from, and but little knowledge of their value as food.

All this is extremely complicated and expensive. It costs money every time this vast number of things are stopped and stored, and more every

time they are moved. Every day added to their age renders them more valueless as food and more expensive as commodities. Not content with this aged, unnatural pickled and preserved condition, the housewife lays hold of them and proceeds to give them their finishing touch by fire.

On the checkered highway of man's curious doings, there is indeed nothing stranger than this. We have in this country hundreds of different articles of food which can be most advantageously used without cooking; yet the cook intrudes his art, bakes, boils, stews, broils and heats these things, until their original elements are wholly changed, until many of them are rendered almost totally valueless.

Thus robbed of their elementary and delicious flavors, the cook endeavors to make them appeal to the sense of taste by mixing, jumbling together, spicing, and using decoctions called extracts, the properties of which he knows absolutely nothing, until the original substance is so disguised that it cannot be recognized in taste, color or flavor. Those who enjoy their eating most and who have reached the highest standard of health and physical development, have succeeded in reducing their diet to less than a dozen articles.

It seems that everything in connection with the affairs of people unites to recommend this simple

method of living. We all know that taste, in the selection of his food, is the supreme power that dominates man, and if he will not pervert it, but will give it a chance, it will lead him into perfect obedience of nature's great dietetic laws.

AS A REMEDY.

UNDER the auspices of the Technology Club there was a meeting of about 100 of New York's most eminent doctors held a few evenings ago at the offices of Dr. ——— to listen to a lecture on the subject of radium, and to consider and demonstrate as far as possible the application of this strange metal to the curing of disease. The opening remarks of the noted physician who was entertaining the assembly were as follows:

"There is nothing dawning upon the profession with more certainty than that medicine as a curative agent is passing. The most learned men are depending less and less each year upon drugs as a means of combating disease. The best men in the profession are changing both their views and their practice. For many hundred years consumption has been treated with drugs, and nobody has ever been cured by them. To-day we send

patients into the open air, where they are kept winter and summer, sleeping in tents, and they get well."

We are perfectly willing to accept this statement as true. We are willing also to believe that all disease is a mere result of violating natural law, and that the only true remedy is found in obedience. We believe that foods occupy the same place in building a man that bricks, iron, stone and timber do in building a house. We believe that the kind of material (foods) used will determine to a very large extent the kind of man you will have when you get him done.

We believe further that the kind of material with which you keep him repaired and fed will determine wholly whether he will be sick or well. If "more than 90 per cent. of all human ills have their origin in the stomach and intestinal organs, and are caused by incorrect habits of eating and drinking," then those human ills certainly can be cured by removing the cause and selecting such foods as will counteract these abnormal conditions.

In combating this tremendous per cent. of disease, we must depend upon foods in their natural or elemental state, because their food and chemical properties have not been changed. We know—or should know what they are. We cannot rely

upon foods whose chemical properties and nutritive values have been changed and dissipated by heat.

The change that has taken place in them is measured entirely by the amount of heat to which they have been subjected. Certain protoplasmic or plant life is destroyed at 145 degrees F. This destruction continues on up to 212, the boiling point. If the article is removed then, and put into an oven or a dry heat, it can be carried on up to 300 or 400 degrees, where it becomes a mere bit of ashes or charcoal,—totally destroyed.

At every step on the way from 145 degrees to 400 degrees the article becomes of less and less value as food, and less and less reliable as a remedy or an element of construction of tissue and builder of life.

We know that indigestion, our national ill, can be cured by the proper selection of uncooked foods. We know that constipation, its consequence, can also be cured by their use. We *know* that irritation of the mucous membrane or lining of the stomach, that hyperpeptia, or fermentation, and the desire for over-eating can all be cured by the use of uncooked foods. We know that where there is no indigestion, fermentation and constipation in the motive machinery of the body, the blood is pure and rich, and that pure blood builds

every organ and inch of the body to its highest capacity.

We know that, as compared with cooked foods, it only takes about half the quantity of uncooked food to sustain life.

We believe that with these evils eliminated from the human system the ninety per cent. of ills referred to would nearly all disappear.

In treating abnormal conditions which we are pleased to call disease, by proper feeding, it requires the knowledge of a food expert—one who is acquainted with the chemical properties and the process of the conversion of food into energy in the human body.

For instance, a great majority of stomach troubles are caused by the eating of too many starchy foods. This causes hyperpeptia, or fermentation. The consumption of too much starch also causes calcareous or limy deposits to collect in the 2,000 miles of tubing in the body called veins, capillaries and arteries. These deposits create stiffness and rigidity in the joints and muscles.

This condition is specially manifest in the morning, after the body has lain in a horizontal position for six or eight hours. This condition marks the real difference between youth and age. It can be remedied by the elimination of cereal

starch from the dietary and the substitution of such foods as will be remedial and counter-active.

In foods can be found nearly every chemical and medicinal element that is contained in medicines, and in this form they can be taken as nature intended them, instead of being extracted, concentrated, and rendered artificial and unnatural, as nearly all medicines are.

In none of the varied forms of matter on this globe is the warfare of construction and destruction more seriously waged than in the human body. What we call health is but a condition where the powers of construction are made to excel the powers of destruction. By correct eating and the pursuit of natural habits, this condition can be maintained for a great number of years; but when we aid the forces of destruction by taking into the body such things as tea, coffee, tobacco, distilled and ardent spirits, and the host of table condiments that are in daily use, all of which possess only the elements of destruction, we must not be disappointed when we find ourselves devoid of energy and vitality and landed well over into the great throng of the diseased.

EMANCIPATION OF WOMAN.

IF the study of the natural or elementary food question had for its object no other purpose than giving to the human family their birthright of health and years, and aiding their mental faculties in reaching a higher development, it would be of sufficient importance to justify the most profound attention of every woman in a civilized state. But when it is considered that its final solution may not only accomplish this, but emancipate her from the slavery of the kitchen and the cook stove, it becomes one of the most important questions that can possibly engage the minds of intelligent people.

We believe that nature has provided a diet that can be selected and eaten without changing its form or chemical properties by the application of either *heat* or *cold,* and which will be perfect. We have proven that if correctly used it will in all cases bring natural results, which are always healthful results. We have been led to these con-

clusions by information gained from the school of observation and experience at our own table, as well as by seeing the most obstinate and chronic diseases gradually disappear from members of our own family and others under the magic effect of proper feeding, until perfect health was the result.

Aside from the effect of a natural food diet upon the health and happiness of people, its most important feature is that it promises to solve for woman another most perplexing question, namely, the struggle with the servant.

When the house is provided, and the woman who has dreamed of a true home is settled therein, it gradually dawns upon her that instead of being a queen, she is an imprisoned vassal. She finds that she must stand over a miniature furnace for an hour in the morning and breathe the poisonous odor of broiling flesh, and spend another hour among the grease and slime of pots and dishes, instead of occupying that time walking in the life-giving sunlight and drinking in nature's purifying air.

She soon realizes that the fires of the morning are hardly out until those for the noon are kindled and the labors from luncheon often lap over into the evening, and those of evening far into the night. The throne over which she dreamed of wielding the queenly sceptre has been transformed

into a fiery furnace, gilded with greasy pots and plates, blood and bones, over which she has unfurled the dish-rag, and by the common custom of her country, it waves over her helpless head as an ensign of her rank and profession, under which she is really a slave.

The home of which she dreamed has laid upon her a confinement and labor but little lighter than that which society puts upon the criminal who has violated its laws, and whom it has deprived of his liberty.

The picture of a husband and wife growing old together, walking hand in hand up to the noon of life, and turning over the hill and marching down toward the evening of old age together is only painted by poets and dreamers, most likely old bachelors and old maids,—it is not true.

The average husband and wife do not grow old together. The wife spends six or seven hours of each day endeavoring to prepare food and create dishes that will appeal to and satisfy the perverted taste and appetite of her husband, and probably the short-notice "friend to dinner." The anxiety and mental tension that she undergoes from day to day and year to year wear upon her form and face, and like the long dripping of water upon the stone, leave their mark. This mark is nervous exhaustion and premature old age.

It is from this deplorable condition of womankind that the use of uncooked or natural foods will surely bring relief and freedom. In hundreds of cases that have come to our knowledge where this experiment has been honestly tried, it has resulted in a revolution in the household culinary department, and in giving the wife enough mental and physical freedom to allow her to preserve her youthful charms, which is her solemn duty, and to cultivate those higher faculties upon which every woman must depend for attraction and happiness with advancing old age.

It may not free woman wholly from the labors of the kitchen, but it will prove an important factor in lifting her mentally, morally and physically into an entirely different sphere.

It is utterly impossible for a woman to spend six hours out of twelve in the dense and smoky atmosphere of a kitchen over a roasting fire, breathing air laden with the fumes of burning flesh and steaming foods, and give to her progeny those beautiful faculties which are their birthright, and which have been the dream of her dreams.

It is also impossible for a woman to construct her body, her brain and her heart with all their varied sympathies, desires and emotions out of such material as the flesh of dead animals, fer-

mented fruit (wine), fermented bread and the innumerable narcotics and cooked or devitalized foods with which the average table is laden, and think beautiful thoughts and keep her sympathies and senses of justice and mercy in that beautiful and highly civilized realm where the cultivated and advanced woman, especially the mother, should dwell.

We are thoroughly convinced,—convinced from experience, that great school from which all true knowledge comes,—that the first and most important step in nature toward making a perfect woman lies in the selection of the food material out of which the human body and all the restless flood of emotions that ceaselessly ebb and flow in its strange mechanism, are made.

THE SELECTION OF FOODS.

IN the adoption of uncooked foods more care in selection is required than when they are to be cooked, for in the process of cooking, mixing and dressing, the real quality, taste and flavor of the articles, becomes changed, lost and dissipated. The most inferior articles of food can be cooked and artificially flavored, as they usually are, and still appeal to and satisfy the taste.

In all public eating places the special duty of the *chef* and steward is to use left-over foods. They are hashed, minced, flavored, spiced and peppered until the smell from the fermented or decayed portions is so concealed that they cannot signal the olfactory nerves; therefore the most inferior and unhealthy articles can be used which could not be done were these foods not cooked.

When using uncooked foods the senses of sight, smell and taste demand the best, and it is only fair that these senses should be satisfied. It is

as criminal to deceive our taste and sight in matters of food, as it is to obtain money under false pretense from our friends; and the penalty for this wrongdoing is more certain to be paid. We often escape justice in deceiving our friends, but never in deceiving ourselves. We cannot jump our bail with nature. We are always caught and punished for two crimes instead of one.

One may be thoroughly convinced that the theory is correct, but if such articles are selected as do not conform or appeal to the taste, the effort will prove a failure. Food should be selected that has ripened on the parent stalk or tree, in the sunshine, as far as possible. Those who are acquainted with the curative and life-giving properties of air and sunshine will readily perceive why the selection of thoroughly ripe and full-grown foods are so necessary.

In selecting an apple of a red variety, get a deep, rich red, not a pale pink one. The deep red color indicates that the fruit has ripened on an outer twig of the tree, exposed to the sunlight; while the paler colors show that it has ripened under cover of the foliage. This rule should be observed in the selection of all fruits and berries, and melons of every kind as far as possible, the rule being that whatever color is selected, get it

as pronounced as possible. In other words, get the best.

BANANAS.

Bananas, the second-best article of food known, should never be eaten so long as a spot of green is visible on the skin. The majority of people seem to select this most delicious and nutritious fruit merely to please the eye; and just when it is at its best, that is, when the skin is covered with tiny black spots, or assumes a pied appearance, it is discarded and considered unfit for use. Where the consumption of bananas is large enough, they should be purchased by the bunch, and where it is not, they should always be purchased by the hand, not detaching them until they are needed for use. They should also be kept in the sunshine as much as possible.

SWEET FRUITS.

Dates, figs and seeded raisins constitute a group of the best foods known to the dietary. They contain about seventy-five per cent. of carbohydrates, which is sometimes called the powder of the human system. The black French date, known as the "Fard Diamond R.," is one of the best varieties imported to this country.

The Turkish pulled fig, that is, the unpressed fig of the largest variety obtainable, is much pref-

erable to and more cleanly than those that have been pressed.

Raisins should never be eaten without discarding the seeds; therefore, the seeded raisin is always preferable.

EVAPORATED FRUITS.

The process of evaporating the water from fruits, so they can be kept from season to season, is of great importance. It has added one of the greatest luxuries known to the uncooked bill of fare. In the selection of peaches care should be taken to secure the largest, best ripened and unpeeled variety. Never select peaches from which the peeling has been removed, because the fruit must be taken in an unripe condition, so that it is firm enough to peel and handle easily without crushing. The same rule should apply to the selection of apricots.

Prunes are one of the best evaporated fruits in the American market. The largest varieties, running from 20 to 30 to the pound, should be selected for the uncooked table.

OLIVES AND OLIVE OIL.

Olives have become as standard on the American table as pickles, but we do not recommend their liberal use. The ripe olive has something to recommend it; mainly because it was allowed

to get ripe. Pure olive oil occupies a conspicuous and necessary place on the uncooked bill of fare. For those who cannot thoroughly masticate nuts —because of defective teeth—olive oil, or even good peanut oil, affords one of the most necessary articles of diet. An ordinary body requires each twenty-four hours from two to two and a half ounces of pure fat (fuel). The required quantity of nuts may be eaten, but unless mastication is perfect, they do not contribute to the body all the fats they contain, while olive oil overcomes completely this difficulty.

MILK AND HONEY.

Milk and honey seem to be the only two things in existence that were made primarily for no purpose except food. All other articles upon which people subsist were created for some other purpose. All cereals, legumes, fruits, nuts and vegetables in the great scheme of nature, grow wholly to reproduce themselves; but the primary purpose of milk and honey, when they are created, is for food. They seem to have no other purpose to fulfill.

In order to be sure of securing pure honey it is best to purchase it in the comb.

Pure milk as it comes from the cow should contain twelve per cent. of fat in the form of

cream. Pure milk is one of the best proportioned foods known to science. Great care should be exercised, therefore, in its selection. The best results are obtainable when it is taken unskimmed, as nature has proportioned its nutritive elements in accordance with the requirements of the body.

The custom of salting butter is altogether wrong, and inexcusable from a hygienic standpoint. It had its origin, no doubt, in the fact that it became commercially necessary in order to preserve it for the purpose of shipping, transporting and marketing. During the last few years fresh or sweet butter has come into general use in all the large cities and well-appointed hotels and cafés. In Paris, where the culinary art is studied and kept at a higher standard than at any other city in the world, it is considered an offense to serve salted butter. It is taken for granted that the article is aged and would have spoiled had it not been preserved with salt.

FOOD COMBINATIONS.

NEARLY every article of food known, as bad as some of them are, will agree with the stomach if eaten alone or with a few other articles, in normal quantities, whose chemical properties harmonize. When we say that certain things do not agree with us, the fact is that these things do not agree with themselves. The truth is, we have eaten a combination of things that do not agree one with the other; and the stomach, being the receptacle of this chemical disturbance, is made the sufferer. The question of combinations is extremely important in cooked foods, because the tendency of modern cookery is to mix, to jumble together an innumerable number of things and pour over them condiments, sauces and dressings that are composed of dozens of other ingredients, until it becomes utterly impossible to ascertain by any method of calculation how many different articles compose one whole. While it is always well to

observe correct combinations, it is in reality of secondary importance, for in subsisting on uncooked foods the natural tendency is towards simplicity. This is one of the greatest virtues following their adoption. In the beginning many are likely to desire each meal to be composed of a large number of articles. They like to see it spread around; they want to see the table covered; they want to see it groaning beneath a load, simply because they were raised that way. They have no standard to measure from, except a cooked standard; but this optical appetite soon wears off, and the taste and delicious flavors that are developed by combining two or three things, lead the elementary student to ignore numerical display and make a meal upon three or four things.

A very delicious taste will be developed by eating fruits and nuts together, care being taken to masticate the nuts thoroughly before the fruits are put into the mouth. If this rule is observed in eating vegetables and nuts, the same delightful taste will be experienced.

The following combinations have been found by experience to be chemically harmonious, healthful and very nutritious:

Flaked wheat, with nuts, dates and cream.

Flaked wheat, nuts, honey, milk and cream.

Egg-nog, pecan meats, dates, banana and cream.

Cold slaw with olive oil, pecan meats, unfired bread, sweet apple with thick cream.

The following articles compose three ideal meals for a perfectly normal person:

Breakfast.

One red apple. Two ounces Pecan Meats.
Six or eight black dates.
One very ripe Banana, sliced with thick cream.
One glass Milk.

Lunch.

Two Bartlett Pears. One ounce Pecan Meats.
Three Turkish pulled Figs. One ounce Pignolias.
Cold Slaw with Olive Oil. One cake of Unfired Bread.
Four Prunes with thick cream. Sweet Butter.
Glass of Egg-nog.

Dinner.

Half pound of Grapes. Two ounces mixed Nut Meats.
Vegetable Salad with Hygia Dressing.
One cake Unfired Bread. Cream Cheese.
Six or eight Black Dates.
Very ripe red Banana with thick cream.
Pint of Whole Milk.

There is a popular opinion among the majority of people that appetite, that is, a desire for food, is an evidence of good health. This is one of the serious mistakes into which people have gradually evolved. Irritation of the mucous membranes of the stomach is one of the most serious and unhealthy conditions with which this much-abused

organ is afflicted; and while in this condition, it calls with ferocity for food, the satisfying of which has killed suddenly hundreds of thousands of people whose death is attributed nearly always by the learned doctors to heart failure. And we agree with them completely. We have never known any other method of demise, except for the heart to fail. It is unquestionably the customary way to die, and it matters but little whether the "heart failed" on account of being shot, beheaded by a Cuban *machete,* or on account of an overloaded stomach,—the doctor's "heart-failure" theory is safely correct.

There are five different classes of food; there are five different digestive organs and five different kinds of digestive fluids.

The five classes of foods are, water, proteids, carbohydrates, fat and mineral salts. The five organs of digestion are, the mouth, stomach, liver, pancreas and intestinal glands.

The five different digestive fluids are, saliva, gastric juice, pancreatic juice, bile and intestinal juices.

All the different kinds of food contain more or less water. All of the different digestive fluids are composed largely of water.

Foods classed under the head of proteids are composed largely of nitrogen, and embrace al-

bumen in animal foods, the gluten and gelatine in cereals, cellulose in vegetables, and the casein in milk and cheese.

The foods classed under the head of carbohydrates contain mostly starch and sugar. All the cereals, vegetables, fruits and nuts are composed, more or less, of carbohydrates. Many of these also contain nitrogen to a sufficient degree to class them under the head of protein.

Mineral salts are found in all vegetables and fruits in sufficient quantities to supply the needs of the body if it is fed upon these articles. The salts of sodium, potassium, chlorides, calcium, magnesium, phosphates and iron are the principal mineral or organic salts and are the most important elements in forming the bony structure of the human body.

These salts are found in abundance in all fruits, nuts and vegetables, and when taken into the body in their natural or organic state they contribute to the body all of their value as building material, but in cooked foods these elements are rendered inorganic and become so changed and dissipated as to be in many cases totally worthless. For instance, iron is one of the principal properties of cabbage. Eaten naturally it is an excellent food, easy of digestion and assimilation; but cooked, the

iron is set free and is as indigestible as saw filings.

In digesting starch and sugar, and all carbohydrates, an alkaline solution or digestive fluid is required, a large amount of which is furnished by the saliva. Hence, all cereals, fruits and vegetables should be thoroughly masticated, insalivated and pulverized before entering the stomach. And as the saliva is an alkaline substance, the digestion of these foods, therefore, begins in the mouth.

All foods composed largely of starch, such as cereals, potatoes, and nearly all legumes, should not be eaten at the same meal with sweets, especially cane sugar.

All foods, whether fluids or solids, that contain starch or sugar, such as rice, potatoes, corn, oats, in fact, all the cereal class, may be eaten with safety at the same meal. Milk can also be taken with all the carbohydrate family of foods.

All foods containing gluten, albumen or gelatine, such as meat, eggs, and a few kinds of nuts, are classed as protein, and require an acid solvent to be digested; therefore can be eaten with safety with all kinds of fruits.

The digestive fluid secreted by the stomach is an acid substance; therefore, the last-named foods are digested mainly in the stomach.

Milk, one of the best foods known, can be taken with all kinds of fruits, provided no cereal starch be eaten at the same meal. All foods that contain both carbohydrates and proteins compose healthful combinations.

Starch, sugar and fats may be properly termed the "fuel of the body." They supply all the force, energy, heat and brain power of the system, while proteids produce the structure in which this energy is reposed.

The few fundamental rules given here apply to a normal or healthy stomach. Where any abnormal condition is present, selections of food must be made to counteract and overcome them.

The study of food combinations, however, in its last analysis, is the science of trying to ascertain the best way to do the wrong thing. The less foods are mixed and combined at the same meal, the healthier and higher that form of life will be which they build.

The system requires daily so much water, proteids, carbohydrates, fat and salts. The foods necessary to supply these elements can be eaten at different meals, instead of combining them all at the same time. It is this most interesting and important problem that the use of uncooked foods will solve.

The ultimate and most scientific end that

can be attained in the study of the food question is, to find in foods the exact requirements of a normal body; in other words, a perfectly balanced bill of fare. This is rendered extremely difficult when we subsist upon foods which have been changed by any process from their elemental condition; but in subsisting upon natural or elementary foods it is but a matter of time when the taste will dictate the quality, and hunger the quantity, and the perfectly balanced bill of fare becomes possible.

THE PREPARATION OF FOOD.

MANY good women have spent the best part of their lives, and volume after volume has been written in the endeavor to tell the world how to prepare foods. The very words, "prepare foods," suggest to the mind that they are not right; that nature has not finished her work; that something must be done to them before they are fit to convert into human energy.

It suggests that they must be fixed, mixed, mashed, smashed, bruised, ground, shredded, heated, steamed, baked, boiled, oiled, roasted, toasted, greased, sweetened, soured, fermented, raised, mushed up, wet up, dried out, or in some way changed from the way in which they were handed to us by the provident hand of nature.

The securing of food is the chief business of every living thing on this globe. The necessity of doing this has shaped to a very large degree both the body and the mind. It made for man

hands suitable for plucking fruit, nuts, and things that grew above his head high up in the air and sunshine. It gave to the lion claws and tusks to catch and tear his food. It gave to the hog a snout with which to root in the ground. It gave to the stork and the crane long legs and bills. It gave to the giraffe a long neck with which to reach buds and leaves. It gave to the honey bee an organ to collect honey, a sack in his own body to carry it, and intelligence enough to make his cell in which to deposit it for future use.

In the process of ages, want creates all that is necessary. Food taken as nature made it will produce a natural being. When it is changed, mixed, distilled and concentrated, it is unnatural, and it will necessarily produce an unnatural being. For, as man is the net product of his food, as is his food, so he must be. There is no problem in philosophy more obvious than this.

It may be argued that our present methods of feeding are the product of heredity, and with the long ages we have changed the artificial into the natural. This is not true, because the ultimate end of artificialism, that is, the violation of natural law, is extermination. There is no such thing as getting used to the wrong thing.

A human being can never get used to whiskey and tobacco. They will stimulate the nervous

system above par, only to drop it farther below each time they are touched. They leave their withering trail through the body and brain of the real man, and sink lower and lower each day the hopes, aspirations and emotions. They cover the faculties with a callous veneering that finally becomes impervious to the sweetest senses of the human heart.

Foods should be changed as little as possible from their elementary condition. The idea of preparing foods should be allowed to fade entirely from the human mind. It is well to remember that they have been prepared once by a supreme intelligence, and it is seriously to be doubted if the puny biped called man can very much improve them.

When the average mind thinks of uncooked foods, it is wont, it seems, to fly to a meat store, more politely called a butcher shop, for proof infallible that the scheme is wrong; and draw a picture of one dining from the swinging carcass of a cow or hog, or going to the corn bin and gnawing through a crack at an ear of yellow corn.

Instead, picture a dainty table in a quiet corner, covered with spotless linen and laden with milk, cream, egg-nog, pecan meats, walnuts, almonds, grapes, grape fruit, bananas, pears, apples, dates, figs and raisins, luscious red melons and

golden cantaloupes, lettuce, cucumbers, ripe olives, celery, olive oil and a dozen other delicious things, all of which being natural, satisfy hunger, furnish the highest form of nutrition, and quickly appeal to and excite the highest sense of taste and enjoyment. It is too bad that so many good people go through the world from the cradle to the coffin, and, after leaving the maternal fount, never enjoy, never taste, one good, clean, pure, delicious meal.

PREPARATION OF UNCOOKED FOODS.

THE idea of *preparing* foods is so firmly fixed in the minds of women that the very suggestion of lessening their labors in this direction suggests the idea of limiting the family rations,—depriving the table of its pleasure and luxury; therefore, it sometimes meets with more or less opposition. Experience has shown that men are more willing to accept the elementary food idea than women, particularly when it promises to lighten the labors of their wives, mothers and daughters.

There has been for many thousand years a sort of competition between housewives, hotels, and all public and private eating-places, as to which could prepare the greatest variety of foods, the result of which is that the table is held responsible for over ninety per cent. of all human ills.

This result is not sufficiently creditable to cause thinking people to clamor for its continuation.

It reminds me of the consolation that I received once from a gentleman with whom I was playing a game of billiards. It was my off-day. The balls would neither "hit" nor "hurdle," while his plays were all graceful and effective; and I was enjoying the supreme pleasure of seeing him make all the points beside paying for the games. In answer to my complaint upon missing a simple shot, he said, "Oh, this is nothing. I have seen luck run this way for three or four hours, and all of a sudden get worse."

The best foods need the least preparation. Geographic and climatic conditions, under which most of us live, of course, make harvesting and garnering necessary; and in order to store certain foods for winter use, certain preparations become necessary; but when we come to prepare them for the table, the effort should be to bring them back as nearly as possible to their original condition.

All fruits from which the moisture has been evaporated, so that they will keep from season to season, only need to have the moisture again restored to them by being soaked in pure water at about the temperature of the blood. This is the most healthful and delicious way evaporated or dried fruits can be prepared.

That food is most healthful and will give to animal life its highest form that can be taken

most nearly in its natural condition. There is nothing more obvious and certain than this. This course of reasoning leads us to the inevitable conclusion that fruits, nuts, green plants,—that is, plants containing much chlorophyll, comprise an absolutely perfect diet.

Nearly every step in civilization has been taken in the direction of lightening human labor, except in the art of preparing foods. This has been doubled and trebled a thousand times, and laid upon the delicate shoulders of woman. The railroad train would never have been invented had it not been that man objected to toting burdens on his back. The telephone and telegraph were the outgrowth of man's protest against the courier system. The inventions of all the marvelous machines to which we point as evidences and marks of our great civilization, originated in the one thought, the saving of human labor. But the stomach is a veritable gehenna, and the appetite its grizzly gorgon that holds millions of women in a worse bondage than the negro suffered in the South before the war.

EFFECTS OF COOKING FOOD.

IN all nature there are two great forces working, as it were, against each other; namely, construction and destruction. That is to say, nature is, on the one hand, assembling together certain elements and building them into forms we call life, and on the other it is breaking down, changing and dissipating these elements, which process we call death or destruction.

In the process of construction, the vegetable or plant takes up from the mineral kingdom inorganic matter, and converts it into organic or living matter, such as is found in fruits, nuts, cereals, —the natural foods of man. It is only through this process that mineral elements can build or become a part of animal life.

One of the most potent and effective agencies known to change and demolish materials is fire. When we apply it to our food in the process of cooking, it results in such a change as destroys the elementary plant form, and the mineral ele-

ments return to their inorganic condition. It cannot be otherwise, insomuch as it possesses absolutely no element of construction.

At about 145° F. certain properties in plant life are destroyed. For instance, a leaf of cabbage, if emersed in water that can easily be endured by the bare hand, will wilt, showing that part of its cellular life is destroyed at that temperature.

The heat can be increased until all plant life is destroyed. This becomes important when we remember that animal life is supported and entirely constructed from plant life. The living plant possesses all the elements from which animal life is made. Therefore, the question would naturally arise in the mind of any thinking person, "Why destroy in part the plant life before feeding it to the animal? In what possible way can the application of heat improve it?" Our education, our science and learning, are of small value, if they do not teach us how to build the highest form of animal life from the material used.

Many articles of our food are subjected to an intense dry heat, ranging from 300° to 400° F., in the vain hope that in some way they may be improved. Bread browned in an oven is partly changed to ashes. It is half destroyed. Were it kept there twice as long it would be wholly destroyed.

Yet millions of people insist on eating those supercooked foods. They insist on wheat being made into Zwieback, which might be described as a bit of ashes held together by a little gluten, without ever spending one moment in thinking of the real difference in food value, between this stuff and the grain in its original state.

Of all the curious customs into which people have evolved, cooking seems to be the strangest and to possess the least excuse for existence. It has made of woman a slave. It has made of the stomach a *potpourri* for everything living or dead. It so changes the properties of foods that no chemist living can analyze them. It is the chief cause of mixing food products, which is the principal cause of overeating, which, in its turn, is the genesis of nearly all stomach and intestinal disorders. It has changed man into an omnivorous, and in some cases into a carnivorous animal.

COOKING MILK.

THE custom of cooking or sterilizing milk, due to ignorance, is little less than criminal.

Cooking milk is recommended by certain alleged dietetic authorities on the ground that it kills bacteria. They probably forget, maybe do not know, that all the five digestive fluids are strongly germicidal. The bacteria that may exist in milk, of which so much fear is entertained, could not live an instant after coming in contact with the gastric juice which is strongly aciduous, to say nothing of contact with the saliva, bile, and pancreatic and intestinal juices.

Milk, however, should be taken with some intelligence. A valuable lesson in its proper use can be learned from the calf, or nursing infant, which draw and swallow it in small quantities and which keep up a continuous motion of the jaws as if in chewing, thus pumping into the

mouth enough saliva to aid nature in the first process of digestion.

Milk can be thoroughly insalivated by taking it into the mouth and mixing it with other foods which have been thoroughly masticated and are ready for swallowing.

The too free use of boiled or sterilized milk will produce scurvy in children, and when scurvy exists both sterilized and raw milk must be discontinued. It is certainly, therefore, much better to commence at once the use of milk in its natural condition than to risk the development of scurvy and then be compelled to entirely do without such a valuable food.

Sterilized milk lacks freshness. It tastes dead, and to a very great extent it is dead. Milk is rich in albuminoids, derived, as it is, from tissues that contain them, and are present in a vitalized form as proteids. The change that takes place in boiling is the coagulation of the proteid molecules, which sets free the inorganic molecules, thus rendering them as to the iron and fluorine unabsorbable, and as to the phosphates unassimilable. It is this most vital change that takes place when milk is cooked.

The use of sterilized milk becomes especially serious when it is remembered that children require both phosphatic and ferric proteids in a liv-

ing form which are contained only in the natural or uncooked milk.

When adults have long violated the dietetic laws by overfeeding,—consuming large quantities of food and drink that have been devitalized by fire and fermentation,—milk is, in many cases, the one food that will restore a normal condition; especially is this true in advancing old age when the organs of digestion become weak, and the requirements of the body are more like those of the infant. Milk is then of more and more importance as an article of food.

FLESH FOODS.

THERE is no disputing the fact that many thousands of people appear to attain a very fine physical development and seem to maintain good health who subsist upon a mixed diet, including meat. It is unquestionably true that meat will sustain life, and it is equally true that life can be sustained without it.

The objections to meat are: First, it is laden with the poisons that come from the torn-down tissue and urea of the animal, all of which must be taken into the blood and disposed of by the excretory organs of the body which are always worked to their normal capacity to carry off the waste products that come from our own body; and when laden with that of another animal, they are often taxed beyond their power.

Second, recent experiments in the State of Ohio and Illinois developed the fact that about 36 per cent. of the best cattle in these two States are dis-

eased. The majority of them have tuberculosis. All readers of this book may not be willing to wholly eschew the juicy sirloin, or even the fat pork chop; but we do believe that when they have thought the matter seriously over without the consultation of appetite, they will decide that the flesh of another animal is not only hazardous, but wholly unnecessary as an article of food.

If one decides that meats are absolutely necessary, it should be his object to take it in its best and most nutritive form. Cooking cannot possibly improve it. The only change that heat could possibly make would be to convert part of its nutritive value into heat and pass it off into the atmosphere. Inasmuch, therefore, as heat is merely an expression of energy, the energy or heat lost in cooking might be applied to the body if the meat were eaten without the application of fire.

The most popular reason given for cooking meat is that it kills disease germs. In the first place, nothing should be eaten that contains disease germs, and in the second place, heat does not kill them. The germs cannot be destroyed until the meat is destroyed of which they are a part. In partly cooked or rare meats no germs are destroyed, and it is admitted by all authorities that rare meats are more easily digested and far more nutritious than those well done. There is no

reason why the rare meat idea should not be carried to its logical end, and the food served entirely raw.

In the form of meat there is nothing more nourishing than beefsteak a la Tartar (see recipe), or Hamburger steak, uncooked, dried beef, jerked venison, etc. All of these are much to be preferred to the cooked article.

If cooking were abolished the taste and requirements of the body would very soon solve the meat question. People would eat shell fish, dried and smoked meat, and possibly beefsteak a la Tartar so long as the body called for or demanded them, and *no longer.* This would also solve several other great questions with which misguided individuals, societies, churches, political parties and State legislatures are vainly struggling.

It is impossible to keep alive the appetite for such stimulants as tobacco, fermented and distilled liquors, tea and coffee, when the body is correctly fed. A being who subsists upon clean, elementary foods would have no more desire for stimulants and narcotics than a horse or a dog would have for a Manhattan cocktail.

It is the changing, the perverting, the cooking and the artificializing of foods that creates and keeps alive these abnormal desires. If we feed the body upon elementary foods, in the state in

which nature created them, we can depend upon it to suggest to us daily that which it needs. The strange faculty of hunger was made a part of the human organism, to perform this specific work.

NUTS.

NUTS, one of the best articles of food known to science, the thing which helped to lift primitive man from a gibbering anthropoid to the Greek Apollo, are by many people the most misunderstood and maligned articles in all the dietetic catalogue. The nut is commonly used now, and for many decades has been used, as a confection, or to finish off the alleged good dinner; and while it was the only decent article of diet eaten during the feast, yet owing to its geographical position in the "potpourri" it was charged up with a lot of mischief for which it was in no wise responsible.

There are many intelligent people who sincerely believe the nut to be an indigestible and harmful article of food, and we quite agree with them when it is eaten about number 21 at a swell course dinner. But when given an opportunity and eaten as a decent nut should be, it is one of the most

delicious, harmless, healthful and hygienic articles of food that ever graced a civilized table.

It is encouraging, however, when we know that the nut is rapidly gaining in appreciation and popularity. The great food reform movement that is now sweeping over this country and civilized Europe has caused thousands of people to abandon the use of flesh foods, and the natural substitute therefor is nuts.

The pecan nut, which has been considered in the South for many decades as a wild, prodigal growth of no great importance, is now being cultivated, harvested and husbanded as one of the most profitable, as well as one of the most important, articles of food grown in that balmy clime.

The Agricultural Department of our national government has just published a pamphlet on the subject of budding and growing the pecan. Pecan orchards are being planted in various localities in the South, and several States have adopted measures to encourage this industry. During the next few years this movement will undoubtedly receive the attention it has so long merited. It looks as though within the next few years we might see the boundless plains of Texas converted into pecan orchards instead of cattle ranches. It looks as though in the near future we might see great pecan shelling mills instead of the slaughter

house. The food elements necessary to sustain life are probably better proportioned in the pecan than in any other nut known. There are over fifty varieties of this splendid nut now grown in the Southern States.

In any large market can be found from fifteen to eighteen different kinds of nuts, all of which possess very superior life-giving properties.

Nuts are especially to be recommended as an article of food, owing to the fact that they have not yet been very much contaminated by the cook stove. The lowly peanut, which has hitherto been considered worthy of no place on the American table, possesses most excellent food properties, equal to some and superior to many of the more expensive varieties.

Nuts should be thoroughly masticated. They should be reduced by the teeth to a perfect emulsion before entering the stomach, and not more than two ounces eaten at a meal. Two ounces of pure fat is enough to supply the demands of a normal body for twenty-four hours. By consulting our table on nuts, a correct idea can be gained as to the quantity of each variety that should be consumed each day. Almonds, peanuts and Brazil nuts should be blanched—that is, the inner covering should be removed before eating.

It is amazing to think of the kind of food that

alleged civilized people subsist upon, when nature spreads before them its vast fields and stores of fruits and nuts that have waved to and fro in the pure air and sunshine, that have drawn their substances from old Mother Earth and filtered them through a hundred feet of pure white wood—life-giving substances that have responded to the warm embraces of summer and spring—substances that have fed the swelling bud, burst it into bloom, and filled it with fragrance and honey, sweet as Araby's fabled rose—foods born from the fecund womb of Mother Earth, fed on the fragrance and wrapped in the many-hued swaddling clothes of odorous blossoms, and rocked by every pure and passing breeze in the life-giving cradle of summer and spring, and nursed to maturity at the breast of maternal nature and cooked by the fires of the eternal sun.

FRUITS.

IN subsisting upon elementary foods, fruits constitute the second most important article of diet. They occupy a most conspicuous place in the needs of the human body.

The succulent class, such as apples, oranges, grapes, peaches, plums, pineapples, and all the juicy berries, possess great germicidal properties, in addition to their value as food. They seem to be designed by nature to destroy pathogenic bacteria in other foods while giving to the body their own nutrition.

It would astonish the average omnivorous Englishman or American to know what magnificent specimens of manhood are built almost entirely from fruits in some of the South Sea Islands. According to the most authentic history of man, fruits were undoubtedly his first and primitive diet. Primitive man was active, nimble and agile. Fruits left no deposits in his veins and arteries to age and stiffen them. Fruits made for him pure blood, and breathing the open air kept it pure.

His surplus energy demanded activity which kept the pure blood surging through his veins. Long life, superior power and endurance were the results.

It is a hopeful sign, however, for the future health and longevity of our race that the demand for and consumption of fruits are rapidly increasing.

Each distinct genera of fruit has a specific effect or office to perform in the human body. Oranges, while possessing about the same food value as milk, acts directly upon and stimulates the activity of the liver, while apples are the best remedy known for that "dark brown" taste so often experienced next morning after the course dinner.

The best thing to do with an elegant course dinner late in the evening is to leave it on the table; but insomuch as the appetite is generally our complete master and law giver, we know this will not be done. Therefore, the next best thing to do after such a debauch is to make an entire breakfast of tart apples, thoroughly masticated.

The juice of the pineapple, which contains much hydrochloric acid, is among the best remedies known for diphtheria. When this disease first makes its appearance, if the juice of well-ripened pineapples be given freely to the patient it will not only destroy diphtheria germs, but will

stimulate activity of the excretory organs, which is an action always desired in such cases.

The banana will supply the body with all the elements of nourishment that is obtained from cereals. Many cases of chronic stomach disorder have been permanently cured under the direction of the authors by eliminating wholly all cooked cereals and breads of every description and substituting therefor the simple diet of very ripe bananas.

It is believed by many people who are very fond of fruits that bananas do not agree with them. Close observation will show in every instance that this condition is the result of other things with which the fruit is mixed in the stomach and the trouble can be overcome by making an entire meal occasionally on fruits and nuts or fruit alone. The juice of strawberries, blackberries, raspberries and dewberries is very delicious and healthful. When it is pressed out and the refuse discarded there is no better food in the fruit family. But the large amount of seeds these berries contain, which are very hard and entirely insoluble, produces in many people violent irritation of the mucous membranes of the intestinal tract which manifests itself in many harmful ways.

Grape fruit contains many very pronounced and valuable medicinal properties. It is a natural

antidote for biliousness when taken naturally, but the practice of eating it with sugar counteracts almost entirely its medicinal value, as the consumption of cane sugar is one of the causes of torpidity of the liver. Therefore, in taking sugar with grape fruit you are working one agency against another. Like nuts, the most desirable feature about fruits is that they are not an article commonly considered necessary to be cooked. Of course, the cook has undertaken in many ways to improve them by the application of his art, but up to date has been unsuccessful, as is evidenced by the fact that nearly all fruits are used in their natural or elementary state.

In living upon uncooked foods we must necessarily depend very largely upon fruits and nuts, but we should exercise judgment, patience and toleration. We must remember that we often suffered for our wrong eating, and accommodating nature may have partially adjusted our bodies to these incorrect habits. Therefore, when correct methods of eating are employed, the wrong must be undone and overcome, and the stomach sometimes rebels against the change. However, the body will adjust itself much quicker to the right than the wrong, and when the adjustment is once made and the natural dietetic law obeyed, perfect health, strength, endurance and vitality are the inevitable results.

CEREALS.

THE literary fabric of the ancient world has been woven from a warp of fiction and a woof of fact. When we turn to it we find the beautiful, the poetic, the absurd and the true so mixed together that scholars of every nation regard their separation as worthy of their most profound thought.

It was from this confusion that the word "cereal" came. Ceres was a goddess worshipped by the ancient Romans. She occupies a most conspicuous place in the beautiful myths that adorn the classic literature of those ancient peoples. She was considered the head of the Agricultural Department. Her special duty was to sit on fleecy clouds and pour from the hollow of her mythical hand floods of sunshine and showers of rain over the grainfields of the Cæsars. Therefore, all grains grouped together were called cereals.

These articles were first used only when in a green or soft state—that is, from the time the

grains began to form in a milky condition until they ripened and become so hard as to hazard the integrity of the teeth. Later they were soaked in water to soften them, and then in warm water, which saved time and facilitated the work of preparation. This custom evolved into the use of hot water, then hotter water, until boiling or the present method of cooking resulted.

In order to facilitate and lighten the labor in the preparation of cereals, they were pounded, crushed and broken, which custom very naturally evolved into the modern grinding and bolting mill. When cereals are in a milky state before they become hardened, before nature throws around them an envelope of cellulose for their protection, they are easy of digestion, and are excellent food. But when they have become thoroughly ripened and hardened, each molecule of starch, of which they are so largely composed, is enclosed in another envelope which is almost impervious to the digestive fluids.

It has been shown by modern research that cooking does not break up this covering. The modern methods of grinding and cooking cereals render mastication unnecessary as for as pulverizing them is concerned. Therefore, they pass the taste-buds under false pretenses; they deprive them of their rights; they do not have time to perform

their duties, hence they do not pour into the mouth the amount of saliva necessary to perform the first step in digestion.

Soft, mushy foods are also responsible for the woeful decay of teeth, which is such a conspicuous mark of civilized man. Nature will not keep alive or produce, generation after generation, any part of the anatomy that is not used. Her system of economy is perfect.

When cereals are taken in their natural state, or not too completely pulverized, so that the teeth may be employed in their final and complete grinding, they constitute a valuable food for a normal, healthy person. This would also be better for the teeth, and make cereal substances much easier to digest and more thoroughly convertible into energy. Under the present dietetic régime, in which cereals are regarded as the staff of life, it is safe to say that more than fifty per cent. of all stomach disorders are caused by undigested cereal starch.

VEGETABLES.

THE word "vegetable," in its broadest sense, is used to describe everything of an herbaceous character,—everything in plant life, not merely food products.

When we consider only that portion which is used to support animal life, its meaning becomes much narrowed. When we consider that portion used as food by *man,* it is more narrowed still. But when we come to consider that which is or can be used in an uncooked state, it becomes more limited still.

Some very high authorities claim that vegetables are wholly unnecessary in the sustenance of the human body, but experience has led us to the conclusion that those containing much chlorophyll, such as lettuce, cabbage, celery, spinach, parsley, onions, watercress, dandelion, etc., are very necessary and valuable articles of food, and many vegetables that can be taken in an uncooked

form are found to be very rich in the organic salts so essential to the maintenance of health.

In the selection of foods, one of the safest rules to be governed by is that all articles that can be used in their natural condition, as they are handed to us by Mother Nature, if they do not offend the sense of taste and smell, are good food, and, on the contrary, all articles that have to be ground, mixed, fixed, cooked, greased, mushed and mussed up, are not only unnecessary, but are not good foods.

Aside from the fact that the adoption of uncooked foods will produce the highest form of physical, mental and moral health, its next most important office is to do away with the enormous labor and complications in the preparation of foods.

BREAD—FERMENTATION.

IN considering the adoption of uncooked foods in the household, bread becomes the most serious problem with which the housewife has to deal. It has become one of the most important articles of food, and is deserving of the most serious consideration here, because of the fact that in the process of making, fermentation, one of the most deleterious processes known in the culinary art, is introduced.

The evils which follow the cooking or superheating of all other articles of food cease with their cooking, which consist principally in lessening their food value. But bread, the so-called staff of life, is not only subjected to the devitalizing process of baking, but is infected with a germ that converts a large amount of the nutritive value of the grain into carbon dioxide poison.

The first step in nature's process of disintegration—that is, the changing of matter back into its original elements, is fermentation. When foods ferment in the stomach, it is because too much has been eaten, or that combinations have been

put together, the chemical properties of which act with violence, one upon the other. The stomach being unable to dispose of the burden, nature, in her kindness, aids in its disposition by an attempt at disintegration by fermentation or decay.

From the standpoint of him who knows the Laws that govern Health, it is indeed amazing to contemplate the means men and women have employed to harm themselves—to shorten their lives—to change their mental condition from happiness to unhappiness.

One of the quickest known methods for the accomplishment of these ends is the use of fermented foods. As an instrument for making disease, indigestion, irritation of the mucous membranes, nervousness, and troubles of all sorts in all the intestinal machinery, it is the most effective and successful thing ever employed.

People seem not to be content with subjecting their foods to a powerful heat and robbing them of their original elements—devitalizing them, changing their life-giving carbon into carbonic acid gas—changing the starch into dextrine, etc. But to make sure they are thoroughly unfit for use introduce yeast germs into dough and allow it to stand over night in a nice, warm, comfortable place, so as to be certain that the few germs will

multiply themselves into millions and billions more.

We do not wish to spoil the reader's appetite for fermented bread; but since we are discussing the subject, let us tell the truth about it. Bread rises when infected with the yeast germ, because millions of these little worms have been born and have died, and from their dead and decaying bodies there arises a gas just as it does from the dead body of a hog, or any other animal. This gas being confined in the dough, expands, and the whole mass rises. It is at this particular point that it becomes fit for baking—fit for ***human food.*** Think of it! It is at this point that it is supposed to be the proper material out of which to make the best quality of flesh and blood. It looks incredible, indeed, that such a process has found favor all these years among a sane, sensible and civilized people.

In reference to fermentation, Dr. E. P. Miller, an eminent authority on the subject, writes: "Fermentation passes through three different stages or processes. In the first one, yeast fermentation converts starch and sugar into yeast germs, and during the process carbon dioxide poison and alcohol are developed.

"In the second, acetic fermentation changes the alcohol and other substances containing it into acetic acid or vinegar.

"The third stage is putrefaction, by which the decomposition of food substances containing nitrogen, such as albumen, gluten, casein, etc., takes place by being converted into dead and putrid matter. Digestion is not a fermentation, and the digestive fluids are not ferments, as has long been supposed. Digestion is a physiological process, and hence should not be considered as any part of the normal digestive acts.

"Fermentation does not exist in any portion of the alimentary canal under healthy conditions. The difference between digestion and fermentation is the difference between taking nutritive material, foods, and converting them into living tissue, as takes place under the true digestive process, or taking these nutritive materials, as is done by the yeast germ, and starting them on the way to destruction, putrefaction and death.

"One is a process by which nutritive material is used for the support and maintenance of life. The other takes nutritious material and converts it into death—starts it on the way to corruption. The one is health-giving and life-maintaining, the other is disease-producing and death-dealing."

The process of fermenting bread is exactly the same as that which is carried on in the vat for making beer, or through which the grain passes in making whiskey and through which fruit passes

in making brandies and wines. It creates in the human organism the same set of conditions that is created in the production of nearly all intoxicating beverages; therefore, what seems to be the natural appetite for intoxicants is a false cry of perverted nature first created and set in motion by what we are pleased to call the staff of life—*fermented bread.*

The temperance people would do well to go into their laboratories and study causes instead of spending so much nervo-mental force in dealing with effects. They would be entitled to the profoundest respect of the thinking world if they would solve the question of why people desire intoxicants, instead of trying to close a few rum-shops by calling on the police.

No man or woman who will live for six months on pure, clean, uncooked foods can possibly keep alive an appetite for stimulants or narcotics. From this rule there is absolutely no variance. There can be no room in the human body, a body made of nature's unchanged foods, for such foreign elements as tobacco and rum.

Note:—Fermented bread has come into such general use and occupies such an important position in modern cookery that we feel justified in digressing in this one instance and giving a recipe for a pure, unfermented wheat bread. See recipes.

CONDIMENTS.

THE use of condiments must have originated in the desire to supply something that was missing in the taste of cooked foods, and it is undoubtedly true that in the process of cooking the nature of many food products becomes so changed that they taste flat and insipid. For instance, a sweet turnip is tasty and liked by many in its raw state, but when it is cooked it seems to need salt or something to give it flavor and life.

In boiling or cooking in heated water the mineral elements are dissolved and lost in the water which is thrown away, and so we try to restore to them that which we have destroyed. But our efforts are vain. No condiment has ever been devised which would restore a lost flavor or the elements that have been destroyed.

In the use of elementary foods all of this is avoided, and the demand or desire for condiments is entirely overcome.

Many people go through the world and eat three meals a day until they have marked off their three score years and ten, and never know the real taste of the commonest article of food. The use of condiments, the pouring of some mixed-up mess of something over foods just before we eat them, in the vain hope of making them better, seems to be a sort of weird superstition. It seems to have become a kind of unaccountable insanity.

Of all the errors and stupid blunders that people have made in their foolish effort to fix up foods, the condiment habit has the least excuse for existence. Think of taking a pure article of food and pouring over it a muddy colored liquid that was made somewhere in Europe out of—well, here we are compelled to call a halt. The imagination fails, and if it did not, language would.

Most individuals in polite society are extremely careful about their persons. Their dress must fit just so, it must be made of certain choice material, the linen must be spotless, the colors with which they bedeck themselves must harmonize. They are extremely careful about their companionship. Their house must face a certain way and the furnishings must be just right. They are very cautious about what they say. They are very jealous of their opinions. They select with much care their language. They will not venture out in

threatening weather. They restrict themselves in every conceivable useless thing. They put the chain upon nearly all their liberties, and try hard sometimes to manacle the liberty of others.

But these same wise people will sit in a fashionable café and dine upon an undrawn, cold-storage turkey that has been a year dead, and pour over its ancient flesh a tar-colored fluid that has been upon the shelf of a grocer several years—until it has reached that limit of delicious decay suggested by the green, slimy mildew in Roquefort cheese.

All condiments, especially stock sauces and dressings, vinegar, mustards, and such things, possess absolutely no constructive property, but all of them possess to a very large degree the elements of decay and destruction. The great increase in stomach and intestinal diseases referred to by the best medical authorities in the country is very largely due to the habit of using condiments.

The use of condiments is followed by two very pronounced evils: First, they cause fermentation of foods, and irritation of the mucous membranes of the stomach, which excites a false appetite and causes overeating—the origin of a great many stomach ills.

Second, they deprive the taste-buds of their

rights, thus lessening the desire for perfect mastication.

One of the first steps in adopting a reform or hygienic dietary is to eliminate from the bill of fare all condiments, hot sauces, and such stuff. Remember their origin was not very respectable. They seem to have been created for the purpose of covering up something which we instinctively regard as unclean.

HOW TO EAT.

TO the average individual who eats everything in sight, who accepts as correct anything that is jumbled together and dished up by cunning Chinamen, greasy Africans and uneducated foreigners, knowing as little of the chemistry of foods and their nutritive value as they do about the inhabitants of Sirius, this title will be amusing.

They will no doubt regard it as presuming upon their intelligence. They will expect to see on the next page instructions as to how to draw their breath, though the fact is that but few people know how to do either. The majority use about one-third of their lung capacity and eat with less intelligence than a cornfield goose.

There are several thousand taste-buds called "papillæ" on the top and root of the tongue. There are six groups of salivary glands that work in harmony and in pairs. The two largest groups are called the parotid glands. They are located in front of the ears on each side of the mouth.

When the mouth receives food that is approved by the taste-buds each motion of the jaw in mastication pumps out of these glands small particles of saliva which pour it into the mouth.

The most delicious thing to the taste, therefore, is that thing which will exercise—put into operation or call into activity the greatest number of these tasters. Therefore, the combining or mixing of foods in the mouth becomes not only of paramount importance, but the principal factor in digestion, and in the enjoyment of what we eat.

One article of food may call into use but one set of tasters, while two or three articles whose properties chemically agree, may put into use the entire six groups. Hence the logical place to mix and make combinations of food is in the mouth. It is the crucible in which everything that goes into the stomach should be tested and prepared, for the obvious reason that the taste-buds occupy the very important position of being the police of the stomach. If they have not been perverted, and abused, they will stand ever on guard to see that nothing goes into that strange factory without protest except that which will make good blood, muscle, bone and brain.

They will perform this service for us perfectly if we train and treat them decently; but if we abuse and pervert these delicate organs by heaping

upon them and forcing them to accept stimulating, irritating and unnatural things, they cease to perform their functions, and sullenly accept almost anything we choose to load upon them.

Luigi Cornaro was a Venetian nobleman and philosopher. He became a physical wreck at 40. He ceased philosophizing about ethics and such things and decided to ascertain *why*.

He very soon solved the problem. It was overeating. He began by restricting himself to 12 ounces of solid food per day. As he advanced in age he still further reduced his daily ration, until he partook of only one egg a day, in addition to a very little wine and water.

After adhering to this custom for many years and enjoying perfect health, he one day partook of two ounces of solid food, an experiment which nearly cost him his life. Some of his best works were written between the ages of 86 and 95. He lived to be 103 years old, while the best medicine men of his day told him at 40 that he could never reach the age of 50.

In subsisting wholly upon uncooked food, the natural tendency is for all the organs that are employed in converting food into energy to become normal, and make no demands except those required by nature. They require more mastication, which is nature's greatest guard against over-

eating; but until the system adjusts itself to the new régime, it is best to partake of only about half the quantity one would eat were the foods cooked, but masticate them twice or three times as long.

If people would masticate their food until it ceased to taste, removing from the mouth the residue, if any, and involuntarily swallowing the liquid (soup) therefrom, it would quadruple the pleasure of eating and eliminate forever from the catalogue of human ills indigestion, constipation and overeating.

In commencing the use of uncooked foods, one must not fail to remember that the taste and appetite so long fed on fired and devitalized foods must be reckoned with. If they accept the new diet, all is well; but should they rebel, give them some of the old charcoal and ashes now and then. But give them plenty of live, vital foods again, and they will soon accept them. Then will one begin to live in a new world.

Until taste and hunger are sufficiently well trained to demand such food as the system needs, it is well to employ our learning to aid them. We should avoid the continuous use of such things as contain similar nutritive elements, that is to say, we should not eat too much of any one thing. We should acquaint ourselves with the composition of

the leading articles of diet, which will enable us to select intelligently our daily menu until abnormal appetite is changed to natural hunger.

No greater question can possibly command the thoughts of people than the study of nature's infallible laws of feeding. When the proper energy and vitality are given to the body by correct food a certain amount of motion becomes imperative. We would not need to take lessons in physical culture. We would be forced to obey the demands of the body, thus sending to the lungs an extra amount of blood, which would cause deep breathing, or extra oxidation of waste matter.

Therefore, if the great natural law of feeding was obeyed, we would instinctively carry out the laws of motion and breathing, which would give us not only perpetual insurance against disease, but emblazon the way to perfect health.

MASTICATION.

THE stomach has no teeth. Teeth were the product of necessity. They were placed in the mouth by nature for the specific purpose of emulsifying food, so that it could be absorbed by the body. This process we call digestion.

Food that is not thoroughly pulverized by mastication must be reduced to solution by the stomach and the other digestive organs. If it be such material as the gastric juice will not dissolve, then it must be disposed of by disintegration, which starts with fermentation. This is the genesis of nearly all indigestion and intestinal disorders.

Fermentation changes food from a life-*giving* to a life-*destroying* substance. It generates a poisonous gas which is absorbed by the system and which preys upon the red corpuscles of the blood, lowering the vitality of every organ of the body.

This is only one of the many evils that result

from imperfect mastication. A whole book could be written and the subject not exhausted—in fact, a very admirable work has been written by Mr. Horace Fletcher called "The A B Z of Our Own Nutrition," devoted almost entirely to the subject of mastication. Under the heading of "Some Pertinent Questions" he suggests that the reader interrogate himself as follows: "Were I an iron and steel automobile instead of a flesh and blood automobile, which I really am, could I get a license for myself as a chauffeur to run myself with safety, based upon my knowledge of my own mechanism and the theory and development of my powers?"

Nature refuses to create and keep healthful any part of the anatomy or member of the body which is not used. Allow the arm to rest in a sling for a few months, and nature will cease to feed it, and it will become feeble, emaciated and almost useless.

Nature is a perfect economist. If the teeth are not used, she will refuse to keep them in repair; she will allow them to decay. She presumes that you do not need them because you have refused to put them to that use for which they were created. So long as people subsist upon soft, cooked, mushy foods, they cannot expect to have good teeth. This is one of the greatest arguments against the

baneful habit of cooking and in favor of elementary foods.

Nature produces no food that should be swallowed without mastication, when eaten in its elementary state. She produces no soup trees, gravy vines, mush plants or cook stoves. Elementary food must be masticated. Thorough mastication will develop numerous flavors in foods that are a revelation in enjoyment to those who live upon them.

Many people go through the world and reach mature age, eating three meals per day, yet never know the delicious taste of many of the commonest articles of food. The most delicious flavors of foods are developed by long mastication, which gives the saliva time enough to act upon their chemical properties and begin the process of changing and digesting them.

For instance, the changing of starch into dextrine and grape sugar is the first process of digestion; if done by mastication it develops a most delicious taste. If this most important function is not performed in the mouth by the act of mastication, the taste-buds are not only robbed of their rights, but extra labor is put upon the stomach, and the process of digestion much retarded and made more difficult.

Perfect mastication is the surest means of

avoiding the habit of over-eating, which is so disastrous to the health and so common among civilized people. Every pennyweight of food taken into the stomach more than is necessary becomes at once a leaden load upon the body. It is converted into a poison. It so over-burdens the excretory organs that they become torpid and diseased and Bright's disease, constipation, and the long train of evils that follow are the result.

Not long since, we dined with some friends whose knowledge of the culinary art was very highly developed. From memory we made an inventory of the quantity of food consumed by one of the most advanced disciples of French cookery; and according to our best calculations if the same quantity of material had been eaten in its elementary state and thoroughly masticated it would have taken about thirty-one hours' continuous chewing to have disposed of the cargo.

The only excuse nature offers to man for creating him is that she gives him liberty and the means of securing his happiness and contentment. Yet nearly everything he does with reference to his physical structure seems to be especially designed to defeat this purpose.

There is a great deal of pleasure to be gained from eating, but when our highly civilized man comes to perform this very important function, he

shovels in the provender with one hand while he makes out a mortgage or figures per cent. with the other. The result is that he gets no happiness from the mortgage or per cent., but a great deal of unhappiness from the provender; therefore, at the age of forty the majority of men stand dejected and defeated, while if they had known enough to run themselves as a flesh and blood automobile, as suggested by Mr. Fletcher, they might be in perfect health when they had marked off their three score years and ten.

FEEDING CHILDREN.

THE first year of the baby's existence is the most trying and hazardous period of its life. The frightful fatality among children the first year after birth furnishes ample evidence that something is wrong. The average mother or nurse knows but little about the few simple laws that nature has framed to govern infant life. The greatest of all errors are made in reference to feeding. The nurse or mother seems to think that the least outcry or expression of disturbance is a demand or evidence that baby must be fed, and straightway the place is searched for something—something *sweet*—anything that will temporarily give employment or divert the mind of the child from its trouble, while in the great majority of cases it is caused by too much or the wrong kind of food being given.

For the first twelve months, or until all the molar teeth have appeared, a child should take

nothing but liquid food. Mother's milk if possible. If this cannot be supplied, then whole, unsterilized cow's milk is the best substitute. The practice of boiling or sterilizing milk is positively mischievous. This subject is treated at some length in our chapter on milk.

Dried or powdered milk and all kinds of "infant foods" should be religiously avoided. Putting milk through the drying process destroys the cellular tissues of the fat globules, and the butter fat is set free and becomes very difficult of digestion. Every mother should read Dr. Fischer's "Infant Feeding," which treats this subject at great length in the most frank and scientific manner. Dr. Fischer gives the analysis of "Nestle's Food," which he terms "a farinaceous, dried milk food." He shows that this food has not quite one-sixth the amount of fat, and only one-third the amount of proteids that is to be found in mother's milk. Over one-half of the proteid matter has been made insoluble by the drying process. Dr. Fischer refers to "Horlick's Malted Milk" and a preparation called "Milkine," both of which he shows to be about the same in food value or more properly speaking, in *lack* of food value as that of "Nestle's."

By the exercise of reasonable thought and intelligence a child might be raised without ever

giving but few expressions or cries of disturbance or illness. To begin with, the mother-to-be should surround herself only with that which is the most pleasant and agreeable. Her diet should be selected with great care. It should not be composed of too much calcareous matter or starchy foods such as cereals, potatoes and legumes which go to construct bone and cartilage. Moderate exercise and deep breathing should be the most conspicuous part of the daily duties. She should read the best books, write and compose the best literature of which her mind is capable, she should endeavor to create something, think the best and loftiest thoughts, hear the best music, look upon the best works of art, and commune closely with nature in all its solemnity, poetry and grandeur. This will endow her child with a vivid and active imagination without which no great thing has ever been accomplished. She should live as near as possible in the æsthetic and keep her thoughts as near as possible to the domain of ethics. She should endeavor to be all that she would have her child become in character. If the unsatisfied want of a strawberry will in some strange way, through the mind, leave its impression upon the body of her child, how much more certain are the higher, nobler, grander thoughts

to leave their indelible impression upon the embryotic mind and heart.

When baby comes, the first thing done is to bundle it up in three feet of foolish rags, putting its little limbs in a strait-jacket, depriving it of its liberty and right to exercise which nature so strenuously demands. When it is taken out into the air it is bundled and wrapped and rolled into more and more wool, caps and cloaks, the air only being allowed to touch a part of its face. It is propped up with pillows, and when its little spine begins to ache and curve from the unnatural weight it bears and it cries and weeps in anguish, telling in the only language it has learned of the pain affectionate ignorance is inflicting, it is given a dose of Lydia Killem's Soothing Syrup, until from the effect of the powerful drug and sheer exhaustion it falls into slumber awakening only to suffer the same torture inflicted in the same way again and again, day after day, until from want of natural nourishment, fresh air, sunshine and exercise, its cheeks grow pale and wan, its vitality is lowered from week to week, and it passes into the great unknown from which it has just emerged —passes away like a drop of dew that reflected for an hour the prismatic colors of a morning sun, and faded forever from those who loved it most. Who is to blame? Who is responsible for the tens

of thousands of little ones who come unbidden into a world and are thrust out of it by ignorance and stupidity through a veil of sorrow and tears?

Mother's milk is preferable to all foods for a baby, and upon it often depends the question of life or death. Mother's milk, upon which so much depends, necessarily involves the question of the mother's diet. Good milk—good baby food, the thing upon which baby's health, maybe its life, depends, cannot be made out of such things as tea and toast, coffee, vinegar, pickles and pastries, gravies and condiments, canned foods, greasy meats, fermented bread, wines and beer.

There is no period in life when diet is so important as when it is taken second-hand in the form of mother's milk. The diet of the mother should consist of pure, clean, wholesome, nourishing foods such as fresh, unsterilized milk, cream, nuts, fresh ripe fruits, fresh green vegetables, and newly laid eggs, all of which can be taken without cooking, without devitalizing them with fire.

If the above foods are partaken of by the mother, it will stimulate the secretions of the breast and purify its contents so that baby ills, especially such ailments as "three months' baby colic," would never be known.

A mother should never nurse her baby when she is in the least over-heated or chilled with cold

or laboring under any great emotion, such as grief, sympathy or anger. Fear and anger change the milk of the mother to a poison. Children have been thrown into spasms and known to die from nursing just after the mother had undergone these conditions.

It is customary to begin feeding children at the age of nine months such things as oatmeal, crackers, and white bread. It would be very difficult to select anything in the food line more mischievous than these articles. They are composed very largely of starch, which the infant stomach cannot digest, and none of its intestinal organs can assimilate.

The making and selling of penny confections ought to be prohibited by law. The man who makes the all-day sucker and other cheap filthy candies and confections to give to innocent children for their pennies is a criminal, and ought to be deprived of his liberty, and put out of business. It is not uncommon for children at the age of ten, especially in cities, to be afflicted with well-developed cases of acute indigestion, which stunts the growth of both body and brain, from the baneful effects of which they never can recover.

It looks incredible indeed that from the great faculties of teachers, in no institution of learning in this land has there ever come one suggestion—

one hint, as to what kind of material would make the best blood, build the best body and brain. It seems as if the thought would sometimes come to these instructors of the youth of the land that the brain of the children with which they are so industriously laboring depends entirely for its size, quality and activity upon the body, and the body depends entirely upon the material out of which it is constructed. Some day the professors will begin to think along these lines, and the food question will become a part of the school and college curriculum.

FOOD VALUES AND TABLES.

The following tables were compiled from analyses made by government experts in the Agricultural Department at Washington.

We give a table on flesh foods, not because we endorse or recommend them, but because it affords an opportunity of comparison, which is the best means of acquiring knowledge:

The superiority of nuts in every life-giving property will be noticed at a glance—for instance, the fuel value of pork-sides, the meat which contains the greatest amount of fat, and but little else, is only about 2,500 heat calories per pound, while all the shelled nuts given in the table except one show a fuel value in excess of the fattest meat, while most of them run above 3,000, or from thirty to fifty per cent. greater than meat as a fuel or heat producing article.

The thing, however, that makes nuts such an excellent article of food is that their nutritive

elements are almost perfectly proportioned; that is to say, a normal body requires so much water, proteids, carbohydrates, mineral salts and fat to sustain it healthfully each twenty-four hours, and in nuts these elements are found more correctly proportioned according to the requirements of the body than in any other article of food known to science:

FLESH FOODS	Refuse	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Loin of beef, lean, edible portion...	....	70.8	24.6	3.7	....	1.3	615
Loin of beef, total.....	23.0	54.6	18.8	3.0	....	.9	475
Porterhouse steak, edible portion	....	60.0	21.9	20.4	....	1.0	1.270
Porterhouse steak, total	12.7	52.4	19.1	17.9	....	.8	1.110
Round steak cuts, edible portion	....	70.0	21.3	7.9	....	1.1	730
Round steak cuts, total.	8.1	64.4	19.5	7.3	....	1.0	670
Loin of veal, edible portion	....	73.3	20.4	5.6	....	1.2	615
Loin of veal, total.....	22.0	57.1	15.9	4.4	....	.9	480
Shoulder of veal, edible portion	....	73.4	20.7	4.6	....	1.3	580
Shoulder of veal, total.	18.3	59.9	16.9	3.9	....	1.0	480
Leg of lamb, edible portion	....	63.9	19.2	16.5	....	1.1	1.055
Leg of lamb, total.....	17.4	52.9	15.9	13.6	....	.9	870

FLESH FOODS (concluded)	Refuse	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Leg of mutton, edible portion	....	67.4	19.8	12.4	....	1.1	890
Leg of mutton, total	16.8	56.1	16.5	10.3	....	.9	740
Pork ham, edible portion	....	60.0	25.0	14.4	....	1.3	1.075
Pork ham, total	.9	59.4	24.8	14.2	....	1.3	1.060
Pork head, edible portion	....	45.3	13.4	41.3	....	.7	1.990
Pork head, total	68.4	13.8	4.1	13.8	....	.2	660
Pork loin (chops), edible portion	....	52.0	16.6	30.1	....	1.0	1.580
Pork loin (chops), total	19.7	41.8	13.4	24.2	....	.8	1.270
Pork sides, edible portion	....	34.4	9.1	55.3	....	.5	2.505
Pork sides, total	11.5	30.4	8.0	49.0	....	.5	2.215
Chicken, broilers, edible portion	....	74.8	21.5	2.5	....	1.1	505
Chicken, broilers, total	41.6	43.7	12.8	1.4	....	.7	295
Turkey, edible portion	....	55.5	21.1	22.9	....	1.0	1.360
Turkey, total	22.7	42.4	16.1	18.4	....	.8	1.075
Black bass, edible portion	....	76.7	20.6	1.7	....	1.2	455
Black bass, total	54.8	34.6	9.3	.8	....	.5	205
Blue fish, edible portion	....	78.5	19.4	1.2	....	1.3	410
Blue fish, total	48.6	40.3	10.0	.6	....	.7	210
Flounder, edible portion	....	84.2	14.2	.6	....	1.3	290
Flounder, total	61.5	32.6	5.4	.3	....	.5	115
Lobsters	....	77.8	18.1	1.1	.5	2.5	390
Oysters	....	83.4	8.8	2.4	3.9	1.5	335

DRIED FRUITS	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts.	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Dates	15.4	2.1	2.8	78.4	1.3	1.615
Figs	18.8	4.3	.3	74.2	2.4	1.475
Prunes	22.3	2.1	....	73.3	2.3	1.400
Raisins	14.6	2.6	3.3	76.1	3.4	1.605
Apples	28.1	1.6	2.2	66.1	2.0	1.350
Apricots	29.4	4.7	1.0	62.5	2.4	1.290

GREEN VEGETABLES	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Cabbage	91.5	1.6	.3	5.6	1.0	145
Celery	94.5	1.1	.1	3.3	1.0	85
Sun-cooked corn	15.5	12.5	5.0	66.0	1.0	1.150
Cucumbers	95.4	.8	.8	3.1	.5	80
Lettuce	94.7	1.2	.3	2.9	.9	90
Onions, fresh	87.6	1.6	.3	9.9	.6	225
Potatoes, fresh	78.3	2.2	.1	18.4	1.0	385
Potatoes, sweet	69.0	1.8	.7	27.4	1.1	570
Radishes	91.8	1.3	.1	5.8	1.0	135
Spinach	92.3	2.1	.3	3.2	2.1	110
Tomatoes	94.3	.9	.4	3.9	.5	105
Turnips	89.6	1.3	.2	8.1	.8	185
Artichokes	79.5	2.6	.2	16.7	1.0	365
Olives, green	58.0	1.1	27.6	11.6	1.7	1.400
Olives, ripe	64.7	1.7	25.9	4.3	3.4	1.205

DAIRY PRODUCTS	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salt	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Eggs	73.7	13.4	10.5	....	1.0	720
Butter	11.0	1.0	85.0	....	3.0	3.605
Buttermilk	91.0	3.0	.5	4.8	.7	165
Cheese, American	31.6	28.8	35.9	.3	3.4	2.055
Cheese, cottage	72.0	20.9	1.0	4.3	1.8	510
Cheese, cream	34.2	25.9	33.7	2.4	3.8	1.950
Cream	74.0	2.5	18.5	4.5	.5	910
Milk, skimmed	90.5	3.4	.3	5.1	.7	170
Milk, whole	87.0	3.3	4.0	5.0	.7	325

NUTS SHELLED	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Almonds	4.8	21.0	54.9	17.3	2.0	3.030
Brazil nuts	5.3	17.0	66.8	7.0	3.9	3.265
Butternuts	4.4	27.9	61.2	3.5	2.9	3.165
Chestnuts, fresh	45.0	6.2	5.4	42.1	1.3	1.125
Cocoanuts	14.1	5.7	50.6	27.9	1.7	2.760
Filberts	3.7	15.6	65.3	13.0	2.4	3.290
Hickory nuts	3.7	15.4	67.4	11.4	2.1	3.345
Peanuts	9.2	25.8	38.6	24.4	2.0	2.560
Pecans	2.7	9.6	70.5	15.3	1.9	3.435
Pignolias	6.4	33.9	49.4	6.9	3.4	2.845
Pistachios	4.2	22.3	54.0	16.3	3.2	2.995
Walnuts, English	2.5	18.4	64.4	13.0	1.7	3.300
Walnuts, black	2.5	27.6	56.3	11.7	1.9	3.105

FRESH FRUITS AND BERRIES	Water	Protein	Fat	Carbohydrates	Ash or Mineral Salts	Fuel Value per lb.
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Calories
Apples	84.6	.4	.5	14.2	.3	290
Apricots	85.0	1.1	....	13.4	.5	270
Bananas, yellow	75.3	1.3	.6	22.0	.8	460
Blackberries	86.3	1.3	1.0	10.9	.5	270
Cherries	80.9	1.0	.8	16.7	.6	365
Currants	85.0	1.5	....	12.8	.7	265
Figs	79.1	1.5	....	18.8	.6	380
Grapes	77.4	1.3	1.6	19.2	.5	450
Huckleberries	81.9	.6	.6	16.6	.3	345
Lemons	89.3	1.0	.7	8.5	.5	205
Muskmelons	89.5	.6	....	9.3	.6	185
Nectarines	82.9	.6	....	15.9	.6	305
Oranges	86.9	.8	.2	11.6	.5	240
Pears	84.4	.6	.5	14.1	.4	295
Persimmons	66.1	.8	.7	31.5	.9	630
Pineapple	89.3	.4	.3	9.7	.3	200
Plums	78.4	1.0	....	20.1	.5	395
Prunes	79.6	.9	....	18.9	.6	370
Raspberries	84.1	1.7	1.0	12.6	.6	310
Strawberries	90.4	1.0	.6	7.4	.6	180
Watermelons	92.4	.4	.2	6.7	.3	140

HOW TO BEGIN THE USE OF UNCOOKED FOODS.

IN dealing with the human body we must respect the laws of heredity and environment. What might have been natural a thousand years ago may be very unnatural to-day, and what was decidedly unnatural at that remote period of time may have become natural. The human body has the faculty of adjusting itself even to false conditions, through the long process of time.

The experiment may have killed a million or two people, and dethroned the mental and moral machinery of as many more, and shortened up the life period of several billion more, but "Stickatitiveness" will in time work things around until the very laws of nature seem to change to fit the false condition.

This, however, in reality is not true. The price for every violated law must be paid, and so long as it is violated, just so long will nature demand

her settlement. The real penalty is the difference between what man is and what he would have been had he lived in obedience to the laws of his organization.

Since people have evolved into their present habits and customs, to correct them they must evolve out of them. Therefore in adopting the use of uncooked foods, it is safest to start on the evolutionary plan, gradually increasing the number of uncooked dishes, and decreasing the number of cooked ones, until all cooked and devitalized foods have been eliminated and the system has had time enough to adjust itself to the new conditions. This process can be hastened by simplifying the diet—by limiting it to a few things, which contain all the elements of nourishment.

Such foods should be selected as are not commonly cooked, such as all kinds of nuts or bananas and cream, for the heavy portion of the meal; and milk, dates, figs, lettuce or cabbage, and juicy fruits, melons and berries, to close with. The mixing of the following articles in the process of mastication develops a very delicious taste:

Pecan meats and cabbage.
Pecan meats and apples.
Heavy cream and sweet apples.
Pecan meats, lettuce and olive oil.
Bananas, cream, dates and nuts.

Bananas, figs and cream.
Flaked wheat, dates, cream and nuts. } Thoroughly masticated.
Flaked oats, dates, cream and nuts. } Thoroughly masticated.
Sweet apples, nuts and cream.
Soaked prunes and cream.
Soaked evaporated peaches or apricots, raisins and cream.
Unfired bread and cream cheese.
Unfired bread, pecan meats.
Unfired bread, sweet butter and Brazil nuts.

Thorough mastication develops in all uncooked foods a new and delicious taste. When the saliva, which is an alkaline substance, begins to act upon the starch and other parts of these foods the change that takes place in the blended articles above tabulated creates a deliciousness that will win at once those who try these blends followed by thorough mastication,

RECIPES.

In bringing about any change in the habits of people, it becomes necessary to pursue lines of least resistance. So firmly fixed in the minds of the public is the idea that foods need preparation, need fixing or something done to them before they can be eaten, that in order to induce them to take any step in the direction of correct feeding it becomes necessary to in some way prepare even elementary, or foods in their natural condition. In reality foods in their natural condition require but little preparation.

The object, however, of the following recipes has a threefold purpose; first, to make the change from the old to the new, or from the unnatural to the natural way of living, as little radical as possible. Second, to group foods into such combinations as will chemically harmonize when mixed in the stomach; and third, to make them attractive to the vision. There is nothing that invites us with a richer welcome—nothing

that excites the desire to eat—nothing that arouses every organ of digestion more than nature's richly colored, luscious and odorous edibles.

The recipes given here prove that there is a far wider scope for variety and display than most people would suppose. They are the results of long, careful and tedious experimenting. They are offered as a help to those who desire to take up the new or natural method of living. The old proverb which says "There is nothing new under the sun" was very sorely tried in the preparation of this work (unless we are willing to go back to a time when man loped on his all-fours through the forests of the Orient). In all the great New York libraries there was not a book to be found that was of any material aid to us in this work. It has all been drawn from original labors. Many things that seemed theoretically certain were by practical experimenting proven to be untrue. After several thousand experiments, we learned that in matters of diet the laws of environment and heredity must be considered. It is not necessary to eat cold foods in order to eat uncooked foods.

The recipes given here we regard as little more than suggestions. We sincerely hope that those who deem it worth their while to give any

thought to the kind of material out of which they build their bodies and brain, will take up this great work and carry it on to higher and higher degrees of development.

Difference in temperature is the only scale by which to measure motion, or all expressions of energy. Food, therefore, should never be eaten very cold nor very hot, but as near the temperature of the body as possible, cold food must be brought to the temperature of the body at the expense of energy. Icy drinks are responsible for much stomach trouble. They do violence to every law governing health. Many things in the uncooked bill-of-fare may be heated up to 140° or 150° Fahr., if it makes them conform more to the demands of taste without injury or without bringing the articles so heated into the ranks of cooked foods.

SOUPS.

Were we to follow strictly the highest dietetic law, soups would not be mentioned in this work, except to say that they are harmful and undoubtedly responsible for much mischief in the civilized stomach; but in all reform work, we have found it best to pursue lines of least opposition—to stay within sight of those we are endeavoring to lead.

We do not interdict soups because they are not good food, but because they are swallowed without mastication. The objection to soup can be largely overcome by retaining it in the mouth long enough for it to become thoroughly or partially insalivated. This can be accomplished either by sipping it very slowly, or mixing with it very dry, hard foods—something that requires mastication.

It is a very foolish custom to make soup in a pot or kettle, when we remember that the only work that saliva and teeth were created to per-

form was that of making soup. Every particle of food taken into the mouth should be made into soup before it is swallowed. If this was done, indigestion, that great American disease, would disappear from the catalogue of human ills.

We give here a few recipes for soups only because the soup habit is so firmly fixed in the mind of the housewife and the epicure that they can hardly conceive of a decent dinner without them. All soups may be warmed sufficiently to serve hot without cooking.

SWEET POTATO SOUP.

Sweet Potato, Milk,
Cream, Butter.

Grind a sweet potato on a vegetable mill, add just enough milk to cover. Allow this to stand seven or eight hours. Slightly heat (not enough to cook), stir in a small piece of butter and enough milk and cream mixed to bring to the consistency desired. Serve in hot plates.

FRESH GREEN PEA SOUP.

Green Peas, Onion or Celery,
Milk.

Hull quantity desired. Grind very fine in vegetable mill, grind with this just a trace of celery or onion for flavor, add enough rich milk to bring to the consistency of soup and warm to about 145° to 150° Fahrenheit. Salt to taste and serve.

VEGETABLE SOUP (NO. 1).

1 Tomato,	1 small Apple,
1 Carrot,	1 oz. Nuts,
1 Small Pepper,	½ cup Wheat Flakes,
1 Stalk Celery,	Milk.

Put all through fine vegetable grinder, add sufficient milk to make quantity desired, allow to stand an hour or two, heat, stirring in ½ cup of thick cream, and serve.

VEGETABLE SOUP (NO. 2).

1 White Turnip,	A little Cabbage,
1 Carrot,	Few pieces Celery,
1 very small Onion,	Salt,

Milk.

Chop fine or grind all vegetables. Hardly cover with warm water, and let stand three or four hours until soft. Add 1½ pints of rich warm milk, thicken with a little flaked wheat, add butter and serve. This will serve five or six people. To this can be added stiffly beaten whites of two eggs just before serving. It will be an improvement.

PEA OR BEAN SOUP.

There is a pea and bean flour in the market from which soup is easily made by adding to it warm milk or cream. It should be made and allowed to stand an hour or two before serving.

CREAM OF TOMATO SOUP.

Oat Flakes,	Milk or Cream,
Fresh Tomatoes,	Salt.

Take one pound of oat flakes, cover well with warm

milk and let stand three or four hours, or until very soft. Then mash through a coarse strainer, which will produce a very thick cream, which forms the body of the soup. Add to this sufficient milk or cream (cream preferred) to make quantity desired, and the juice of half a dozen ripe tomatoes. Any cream soup can be made in the same way, using different articles.

Much care should be exercised in adding the milk, so as not to destroy the thick. creamy consistency of the soup.

CREAM OF CEREAL SOUP.

Take any uncooked flaked or mascerated cereal, soak over night in just enough milk to cover. Add to this enough milk or cream to bring to the consistency desired, to which can be added as a flavoring any ground vegetable or fruit juice.

CREAM OF CELERY.

Oat Flakes, Cream,
Celery, Celery Salt,
Flaked Wheat.

Make same as tomato, only add tender celery chopped fine, instead of tomato, and a dash of celery salt.

CREAM OF CORN.

Green Corn, Salt,
Oat Flakes, Cream.

To be made the same as cream of tomato, only use green corn in place of tomato. Cut tips of the grain with

a sharp knife, and scrape cob well with a dull one. Mix as above recipe.

Note:—To all soups can be added the stiffly beaten white of eggs just before serving, which gives it a delicious creamy taste.

VEGETABLES.

Vegetables occupy a very important place in the elementary food menu. They contain elements that cannot be secured elsewhere.

When thoroughly masticated, in addition to their nutritive value, they serve the body as an alimentary lubricant. No meal can be made complete without some green plant.

CELERY.

Wash, trim and scrape the stalks, selecting those that are white and tender. Should be left in ice-cold water, until they are wanted, which makes them very crisp.

COLD SLAW.

There is nothing more delicious or necessary than shredded cabbage, usually called cold slaw. It possesses valuable food properties, occupying the same place in human diet that hay does in diet of the horse or cow

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LETTUCE.

Lettuce is undoubtedly the best of salads. Use the

tender leaves only, and put in cold water for at least twenty minutes before serving, to make them crisp. Drain in colander and toss in a napkin until thoroughly dry.

CARROTS AND TURNIPS

Are very nice cut into cubes and served on a lettuce leaf with or without a salad dressing.

FRESH TOMATOES.

Peal with a very sharp knife. Slice and cover with Hygia dressing or powdered sugar and lemon juice. They can also be made very delicious by covering with thick cream.

SWEET GREEN CORN.

Shave the tips from the grains with a very sharp knife. Split the grains row by row and scrape the remaining pulp from the cob with a dull knife. Add butter, a little salt or cream and heat to a temperature of 145 Fahrenheit. This thoroughly masticated will be found a most delicious and nourishing dish.

FRESH GREEN PEAS.

Take the quantity desired, hull and grind in a vegetable mill, add butter, a dash of salt, and warm to a temperature of about 145° Fahrenheit, and serve.

CUCUMBERS.

Take number desired. Peel and slice thin. Soak in ice water for two or three hours before serving.

OLIVES.

Olives are a very important article in the elementary menu. The ripe olive, though not so popular nor so extensively used, is in reality much superior to the green, because it was allowed to ripen upon the tree.

RADISHES. — CARROTS. — ONIONS. — SWEET POTATOES. —TURNIPS. — BEETS. — GREEN PEPPERS.

These articles can be ground in a vegetable mill altogether, or they can be eaten separately. If ground together by the addition of nuts they compose a very nourishing and necessary article of diet.

NUTS AND CARROTS.

Put two medium carrots and a half cup of pecan meats through a fine vegetable grinder; moisten with rich milk, set on a stove a few minutes (not long enough to cook), stirring in half cup of cream, a little butter and salt. Serve.

CORN FOR WINTER USE.

Cut the corn from the cob, before it gets too hard; to each gallon of cut corn add two scant cups of salt. Pack tightly in a large jar, cover with a white cloth, put a heavy weight on to keep the corn under the brine which soon forms. It is very necessary to wash the cloth every morning for about two weeks. If the corn is too salty, wash thoroughly. Before sending it to the table add a little warm cream and let stand for an hour or two before serving.

SUN-COOKED CORN.

Cut sweet corn from the cob with a sharp knife while in a tender or milky state, and dry thoroughly in the sunshine. Put in small cloth bags for future use. To prepare for table, place quantity to be used in a deep vessel, almost cover with warm water. Put in a cool place and let stand over night. Then add a small quantity of rich, warm milk, about two hours before serving; warm and serve with thick cream.

KRAUT.

Shred or chop fine selected white cabbage. Pack a layer in bottom of deep stone or wooden vessel. Add a light layer of salt. Alternate layers of cabbage and salt until the vessel is filled, using about one scant cup of salt to an ordinary cabbage. Pack down very hard, placing on the top a heavy weight, so as to keep the cabbage beneath the brine. Cover with heavy linen cloth, which should be washed thoroughly every day for about two weeks. Soak in cold water a few minutes before serving.

FLESH FOODS.

Flesh foods and sea foods have become the second most important article of diet among all civilized people. This is due very largely to *preparation*—to *cooking*. The adoption of uncooked food will bring both the body and the appetite to a state of normality which will naturally and gradually abolish all flesh as food, but in order to pay the proper respect to the laws of heredity and environment and aid the beginner in taking the kinks of custom out of his daily habits, we give below a few flesh food recipes.

BEEFSTEAK A LA TARTAR.

Steak, Salt,
Onions, Green Peppers,
Pepper, Parsley,
Eggs.

Take a porterhouse or sirloin steak of the size desired. Grind very fine. Mix with minced onion, pepper and salt. Mound up on a small platter, make a depression in

the top in which put the unbroken yolk of an egg. Garnish with green pepper and parsley, and serve.

CHIPPED BEEF IN CREAM.

Shave dried beef very fine. Pour over it warm water and let stand for a few minutes. Pour this off and pour on thick cream with a little parsley chopped fine. Garnish with parsley and serve.

CLAMS AND OYSTERS.

These articles do not possess any very great food properties and when taken uncooked they are more nourishing and less harmful. They should never be eaten with catsup, vinegar, horseradish or sauces.

DRIED AND SMOKED FISH.

Herring, anchovias, smoked salmon or any dried fish can be made quite palatable by seasoning thoroughly and soaking 5 to 10 minutes in very warm water.

EGGS.

Eggs constitute a very important article of food. They contain about 14 per cent. protein, 10 per cent. fat, 1 per cent. mineral salts, 73 per cent. water, and give to the body about 725 calories of heat to the pound. Their heat producing power and nutritive elements are well balanced, showing that they are a substantial food. An egg should never be cooked. In its natural state it is easily dissolved and readily taken up by all the organs of digestion, but the cooked egg must be brought back to liquid form before it can be digested, which puts extra and unnecessary labor upon these over-worked organs.

FRUIT EGG-NOG.

Beat one raw egg quite stiff. Add one-half glass grape juice, beat well. Then add one-half glass of cream. Beat thoroughly and use at once. This is a full meal for an invalid.

FAMILY EGG-NOG.

Two eggs stiffly beaten stirred into one quart of rich milk. A little grated nutmeg, or a spoonful of fruit juice and whipped cream added to the egg-nog will improve the taste very materially.

EGGS PLAIN.

Eggs can be taken by breaking them one at a time into a glass and swallowing them whole. Four or five eggs used in this manner constitute a good and healthful meal, and are especially recommended for those desiring to gain in flesh.

BEATEN EGGS.

Two eggs lightly beaten, to which may be added a little lemon juice and cream, make an excellent beverage—one that combines with all other foods.

WHIPPED EGGS.

Break into a small soup bowl two or three eggs. Whip to a froth. Add to this any fruit juice desired. This should be eaten with other foods which require mastication.

EGG CREAM.

Whip the whites of two eggs until quite stiff, adding to this one glass of rich milk for a beverage.

Cream can be used instead of milk, whipped lightly with the eggs, which makes a most delicious cream to use over fruits.

Note:—The whites of eggs mixed with cream or rich

milk make one of the most nourishing and easily assimilated foods known. It is especially recommended for those suffering from rheumatism or stiffness and sluggishness when arising in the morning. It is also recommended to those desiring to gain in weight. From one to two dozen eggs can be taken daily, together with two to three quarts of milk.

CEREALS.

The popular belief is that cereals cannot be eaten without cooking. This opinion is the result of following precedent,—of accepting "that which *is* as true." Cereals are best just before they have ripened and hardened, when they are soft and full of water. This condition can be partially brought about again by soaking them in pure water or milk. The common theory that the stomach is unable to digest uncooked cereal starch is altogether wrong, as can be easily demonstrated by any one who will thoroughly masticate the uncooked cereal. Making the cook stove do what the stomach ought to do is depriving this member of its rights and its exercise, —depriving it of what nature intended it to do, and the penalty is weakness, just as it would be with any other unused part of the anatomy.

OAT GROATS.

Take quantity sufficient for two or three days, soak seven or eight hours in lukewarm water, or until sufficient-

ly softened, drain thoroughly, and serve with thick cream. Salt a little if desired. A dash of ground nuts may be added, which will make a most palatable dish and add much to their value and vitalizing properties.

WHOLE WHEAT.

Put quantity desired for use in a deep vessel, and cover with warm water. Keep in a warm place. Allow to stand twenty-four hours and longer if desired very soft. Drain thoroughly. It will be found sufficiently softened to be easily masticated and eaten with nuts. This makes probably the most nutritious dish of all the cereal family. A very little salt may be added.

FLAKED OATS OR FLAKED WHEAT.

Put an amount sufficient for several days' supply into a deep vessel. Add enough warm water to *hardly* cover. After standing a few hours stir well, so as to thoroughly moisten the top portion. This in a short time will be found ready for use. A very little salt can be used. This can be served with cream, strained honey, ground nuts, or any two of these or a combination of all.

FLAKED WHEAT DRY.

Flaked wheat is a most delicious dish served dry and eaten with either cream, olive oil or honey.

FRUIT CEREAL.

Place half of soaked, evaporated peach or apricot in

center of sauce dish. Cover with flaked wheat and serve with thick cream or powdered sugar.

Note:—Hand mills can now be procured for flaking cereals and grinding nuts and vegetables for the preparation of soups, salads, etc.

UNFIRED BREAD.

Bread forms a very important part of the uncooked menu, but its production is not practical in the home where this book is intended to be of greatest use, as it requires special machinery for flaking and grinding the different grains and nuts of which it is made. It also requires a special electric light oven for drying during the winter when the rays of the sun cannot be utilized.

Note:—It has recently been shown by experiments made in Washington that both the light and heat from the incandescent electric lamp contain nearly all the properties of sunlight and will delegate to vegetation an abundance of chlorophyl (green) the same as natural sunshine.

To meet conditions that exist we make an exception here and give two recipes for bread that requires cooking, but is unfermented.

UNLEAVENED GEMS.

Put three cups of whole wheat flour in a bowl or pan, two cups *full* of ice cold water, a little salt, and a tablespoonful of melted butter or cream. Beat and stir. Take up on a spoon and work all the air possible into the batter by vigorous beating two or three minutes in the open air. It will probably need some additional water after the lumps are out. Then beat again until it bubbles. Have

gem pans and oven *very* hot and pans well oiled. Put batter into pans and bake quickly.

FINGER ROLLS.

1 quart of Fresh Whole Wheat or Graham Flour.
Cold water, ice cold if possible.

Put the flour into a common earthenware bowl. Pour the water in slowly, so as to moisten the flour gradually, stirring fast, and do not allow it to become wet and sticky, the quantity of water depending upon the character of the flour.

Stir until the dough is soft—about as soft as you can handle it. Knead it thoroughly for ten or fifteen minutes, until it is fine and smooth, and elastic to the touch. Take it out on the moulding board, and, after working further, form it in long rolls, from a half to an inch thick. Cut off in pieces three or four inches long, rolling firmly, making smooth and round. These can be placed on a bread pan and pricked, and should be quickly put in a hot oven. Better still, place on a piece of wire screening with meshing about ½ inch size, which can be placed on the rack in the oven, thus baking more evenly. The rolls should be very light, porous, and likely to crack open on the sides,—a sweet, wholesome, unfermented bread.

Note:—The raising and lightness of all unleavened bread depends entirely upon the difference in temperature between the batter and the oven. If the batter is made ice cold and aerated well in mixing, and placed immediately in a very hot oven, the expansion of the air contained in the batter caused by heating will raise the bread, making it as light as if made with baking powder.

SANDWICHES.

The sandwich has become a part of the traveler's bill-of-fare. The few recipes given here are only suggestive of the combinations that can be made in elementary foods.

APPLE AND NUT SANDWICHES.

Cut apples into very thin slices and lay between unfired wafers. Slice Brazil nuts and place a layer of nuts over the apples.

LETTUCE AND CHEESE SANDWICH.

Spread unfired bread thickly with fresh Philadelphia cheese and lay on this a crisp lettuce leaf that has been dipped in salad dressing. Keep in ice box until ready to serve.

CHEESE AND DATE SANDWICH.

Spread the unfired cracker with Philadelphia cream cheese, then a layer of date butter, and cover the other piece of bread with cream cheese also, and press both firmly together.

Fig butter and unfired crackers also make nice sandwiches.

CREAM CHEESE SANDWICH.

Spread the cheese between unfired wafers, making the cheese as thick as the wafer.

RIPE OLIVE SANDWICH.

Remove the pits from the olives, chop fine with nuts and place between the unfired wafers.

CHIPPED BEEF SANDWICHES.

Spread sweet butter or cream cheese on unfired wafers, placing a layer of chipped beef between the wafers.

This makes a very delicious sandwich.

ANCHOVY SANDWICH.

Soak the anchovies for an hour or two. Then remove bones and chop fine with tender pieces of celery. Cover unfired wafers with sweet butter, spread this between, and serve on a dish garnished with parsley.

RAW BEEF SANDWICH.

After scraping the raw beef, season it with salt and pepper and spread between unfired wafers.

NUTS.

Nuts average from 50 to 70 per cent. fat and from 15 to 33 per cent. proteids. They are, therefore, measured by their chemical food values, the natural substitute for meats, to say nothing of their superiority in purity and cleanliness. They may constitute a part of every elementary meal.

The preparation of nuts requires no recipes. They compose, however, a part of many dishes, recipes for which are given, and into which they are put in some form owing to their delicious flavor when mixed with other foods and their high nutritive value.

FOR BLANCHING ALMONDS.

Soak almonds over night, or seven or eight hours, in cold fresh water. The covering will be easily removed and they will have become very crisp and edible. The old method of blanching almonds has always been to emerse them in boiling water, which cooks and toughens the nut, making it very difficult both of mastication and digestion.

SALAD DRESSINGS.

The objection to nearly all salad dressings is that they contain either vinegar, or chemical acids. These condiments set up immediate fermentation when mixed with cereal starch, which is contained in bread and other cereal foods eaten at the same time, and hyperpepsia (sour stomach) is the natural result.

HYGIA SALAD DRESSING.

2 Eggs,	1 cup Whipped Cream,
½ Lemon,	Sugar,
2 tablespoonfuls Olive Oil,	Salt.

To the yolks of the eggs, beaten very stiff, add the oil and juice of the lemon very slowly, beating hard all the while, until it has all been added and is quite thick. Then add the beaten white of eggs, salt and sugar to taste, and last, one cup of whipped cream; whip all together until very stiff and set on ice until ready to serve.

WHIPPED CREAM FOR SALAD DRESSING.

Place in a soup bowl one cup of very thick cream. Whip with Dover egg beater until very stiff. Add to this two

teaspoonfuls of powdered sugar. Beat thoroughly again. This makes a very delicious dressing for all sweet fruit salads. If very heavy cream cannot be procured, add to it the stiffly beaten white of an egg.

SALADS.

In living upon uncooked foods, vegetable salads become absolutely necessary. The elementary bill of fare cannot be balanced without a certain per cent. of chlorophyll, which is only obtainable in green plants. All green vegetables are also rich in organic mineral salts, which is one of the most necessary articles in vegetable nutrition. In addition to these material values, they are highly ornamental, and no dinner is complete without them.

BANANA SALAD.

Oranges,	Pecans,
White Grapes,	Bananas.

A strip of the peel of a nice large banana may be turned back, and most of the pulp carefully scooped out. To fill the space left by the removal of the pulp prepare a mixture of thinly sliced banana, shredded orange or grape fruit, seeded white grapes and a few Pecan meats in small pieces. In their season, cherries may be added. Mix all this well in a salad bowl, with whipped cream, and fill banana peel. Serve on lettuce leaf.

CHERRY SALAD.

Cherries, Apples,
Lettuce, Whipped Cream.

Stone nice, ripe sweet cherries, cut equal quantity of sweet apple with it, then serve on crisp lettuce leaves with whipped cream.

FRUIT SALAD.

Lettuce, Dates,
A few Malaga Grapes, 2 Bananas,
1 Orange, Pecan Meats,
Whipped Cream.

Cut the bananas, oranges, dates and grapes all into small pieces. Serve on lettuce leaf with a few pecans, or some kind of nuts, and a spoonful of whipped cream. This makes a very beautiful dish as well as delicious.

GRAPE FRUIT SALAD.

Lettuce, Grape Fruit,
Salad Dressing.

Remove the seeds or center of grape fruit with a sharp knife. Cut the edible portion into small bits and serve on lettuce leaf with salad dressing. Makes a very dainty salad.

ORANGE AND APPLE SALAD.

1 Apple, 2 Oranges,
Lettuce, Ground Nuts,
Salad Dressing.

Cut in small pieces the orange and apple. Serve on

a lettuce leaf with a dash of ground nuts and oil or salad dressing.

APPLE SALAD.

6 Apples,	1 head of Lettuce,
Celery,	Dressing.

Take six good-sized tart apples, pare them carefully, and scoop out a good portion of the inside. Fill this cavity with finely chopped, tender celery and ground nuts. Serve on lettuce leaf with salad dressing or whipped cream.

PINEAPPLE SALAD.

Pineapple, Strawberries.
Lettuce.

Cut pineapple in small pieces. Wash tender leaves of lettuce and spread pineapple on them, with very ripe strawberries over the pineapple. Serve with salad dressing.

CHEESE EGGS.

Cream Cheese,	Lettuce,
Milk or Cream,	Olives,
Blanched Almonds,	Radishes.

Moisten slightly cream cheese with milk or cream. Mould cheese around blanched almond the size of robin's egg. Arrange in nest of lettuce leaves and garnish with ripe olives and tuliped radishes.

APPLES—CRESS SALAD.

Cress, Pecan Nuts,
Apple, Hygia Dressing.

Wash thoroughly water cress, placing it in salad bowl. Cover with thinly sliced tart apple, placing pecan meats over this, and cover with Hygia dressing.

CRESS AND CABBAGE SALAD.

Cabbage, Radishes,
Water Cress, Hygia Dressing.

Line salad bowl with finely sliced cabbage. Cover this with water cress, and so on, until bowl is filled. Decorate with tuliped radishes, and cover with dressing.

ASPARAGUS SALAD.

(Cress, Tomatoes, Asparagus Tips, Hygia Dressing.)

Cover platter with water cress, cover cress with thinly sliced tomatoes and asparagus tips, cover this lightly with Hygia dressing and serve.

NASTURTIUM SALAD.

Shred a head of lettuce, mingle with it a quantity of nasturtium leaves. Wash both thoroughly, place in a salad bowl and dot with nasturtium flowers. Serve with dressing.

CUCUMBER SALAD.

Cucumbers,	Onions,
Lettuce,	Oil or Dressing.

Slice cucumbers and onions, serve on lettuce leaf with oil or dressing.

VEGETABLE SALAD.

1 small Carrot,	A little Cabbage,
A small piece of Green Pepper,	A few Radishes,
1 White Turnip,	1 small Onion,
A little Celery,	Lettuce,

Salad Dressing.

Grind or chop fine all vegetables. Serve on lettuce leaf with salad dressing.

SPINACH SALAD.

Spinach,	Mint,
Onions,	Dressing.

Take a quart of young, tender spinach leaves with young onions and a sprig of mint. Cut up fine and serve with salad dressing.

NUT SALAD.

Nuts,	Lettuce,
Cucumbers,	Dressing.

Wash nice, crisp lettuce leaves. Place over them ground nuts (pecan meats preferred) and finely cut fresh cucumbers, and serve with salad dressing or olive oil.

CRESS AND CELERY SALAD.

Take equal parts of water cress and tender celery stalks cut fine. Mix in a salad bowl and serve with Hygia dressing.

CELERY AND BRAZIL NUT SALAD.

Brazil Nuts, Celery Hearts,
Hygia Dressing,

Cut in very thin slices ½ pound large Brazil nuts. Prepare in the same manner four or five very crisp celery hearts. Mix and salt to taste. Dress this with a few white leaves of celery. Serve with or without dressing.

MEXICAN SALAD.

Tomatoes, Olives,
Peppers, Dressing.

Peel and slice four good-sized tomatoes. Seed and chop fine one small green pepper. Arrange these on lettuce leaves in a salad bowl. Stone and slice a dozen olives and mix them with the salad and serve with oil or dressing .

STUFFED TOMATOES.

Tomatoes, Green Peppers,
Parsley, Lettuce,
Onions, Cabbage,
Cucumbers, Flaked Wheat.

. Remove the center from tomatoes, chop fine with a few sprigs of parsley, one small onion, one cucumber, a little green pepper, cabbage or celery, and add enough flaked wheat to thicken or make stiff; and stuff the tomato shells. Serve on a lettuce leaf with salad dressing.

ASSORTED SALAD.

Lettuce, Green Onions,
Cucumbers, Parsley,
Radishes, Chipped Beef.

Wash clean two large heads of white lettuce, taking care to not break the leaves; peel and slice thinly two cucumbers of medium size. Put this in a bowl with teaspoonful of salt and a few lumps of ice for an hour before using. Peel and slice a few large-sized radishes. Decorate this with very small radishes. Leave in ice water until ready to use. Slice one small green onion, a little parsley chopped fine, and a few strips of chipped beef cut very fine. Arrange these nicely upon a lettuce leaf and serve with dressing.

ENDIVE WITH WINTER SALAD.

Water Cress, Celery,
1 Beet, Endive,
Hygia Dressing.

A wholesome dish of salad may be made in winter by the aid of this plant. Only a little cress, celery and a small beet chopped fine makes a delicious salad served on the crisp blanched leaves of the endive. Serve with Hygia dressing.

ARTICHOKE SALAD.

Lettuce, Artichokes,
Hygia Dressing.

Wash thoroughly and quarter some very young artichokes. Serve on a lettuce leaf with Hygia dressing or olive oil.

STUFFED PEPPERS.

Cabbage, Green Peppers,
Celery, Tomatoes,
Onions, Lettuce,
Salad Dressing.

Take a little celery, cabbage, onions, a few green pepper seeds, a little fresh tomato, chopped fine, salt to taste. Stuff the peppers with this and serve on red cabbage leaves or lettuce, with salad dressing.

TOMATO AND CUCUMBER SALAD.

Tomatoes, Onions,
Cucumbers, Dressing.

Slice tomatoes, cucumbers, and onions, serve on lettuce leaf with dressing.

TOMATO SALAD.

Tomatoes, Lettuce,
Oil or Dressing.

Take small tomatoes, skin and serve whole on lettuce leaf, or a few slices of cucumbers laid around the tomato are very ornamental.

CELERY AND RADISH SALAD.

Celery, Radishes,
Dressing.

Cut crisp, well blanched celery into half-inch lengths, and heap it in a salad bowl. Border it with small tuliped radishes and white celery leaves. Serve with dressing.

DANDELION SALAD.

1 pint of Dandelion, 1 pint of Water Cress,
3 Green Onions, Salt,
Oil or Dressing.

Dandelion makes a very wholesome and refreshing spring tonic. After it is carefully washed, place dandelion, water cresses and the onions sliced in a salad bowl, salt and serve with oil or dressing.

STUFFED CUCUMBERS.

Cucumbers, Lettuce,
Cream Cheese, Tomato,
Dressing.

Cut an eighth or quarter from the cucumber, scoop out the inside, and cut this and tomato in small bits and mix the two with salad dressing. Return to the shell and put each cucumber on a plate, by itself, on lettuce leaf. Small round balls of cream cheese make a nice decoration and add a nice flavor to this.

TOMATO AND WATER CRESS SALAD.

Tomatoes, Water Cress,
Salad Dressing.

Take equal parts of peeled, sliced tomatoes, and water cress (after it has been thoroughly washed), put each in a separate bowl with the salad dressing. Let it stand five minutes, then mix well together and serve.

CELERY SALAD.

Celery, Sweet Apples,
Pecan Meats, Oil or Dressing.

Cut the tender white stalks of celery in small bits. Add the apple chopped fine, and a few pecan meats on top. Serve on lettuce leaf with oil or dressing.

ANCHOVY SALAD.

Anchovies, Lettuce,
Onions, Cabbage,
Tomatoes, Parsley,
Hygia Salad Dressing.

Soak for 20 or 30 minutes, wash and clean three or four anchovies, remove bones, fins, heads and tails. Cover bottom of platter with tender lettuce leaves.

Cut in small bits two fresh tomatoes, three or four young onions, a little cabbage and parsley. Mound this on platter, pouring over it some Hygia dressing. Cover mound with anchovies. Then garnish with quartered lemon and serve. Herring can be used instead of anchovies. See recipe for "Hygia Salad Dressing."

This is intended to be served at the beginning of the meal as the first course.

SMOKED HERRING SALAD.

Lettuce, Tomatoes,
Herring, Dressing.

Put the crisp leaves of a head of lettuce in a salad bowl. Soak two smoked herrings until tender. Remove skin and bones, chop fine and mix with the lettuce. Pour over this a salad dressing and garnish with quartered tomatoes.

FRUIT AND FRUIT DISHES.

Fruits are the bouquet of all edible things. They are to the table what color is to the landscape. Aside from their nutritive value, they satisfy the vision, they appeal to all who love the beautiful, they seem to invite us to bite them.

One of the most beautiful things in the world is a pyramid of ripe and luscious fruits.

SNOWFRUIT.

Apples,	Sugar,
Cocoanut,	Whipped Cream.

Slice apples, peaches or pears, and scatter between the layers fresh-grated cocoanut and sugar. Berries of any kind may be used instead of larger fruit. Frost the top lightly with cocoanut and sugar. Eat with or without whipped cream.

CRUSHED STRAWBERRIEES.

Where strawberries are small or inferior in appearance they may be crushed, sweetened and mixed with the beaten whites of two or three eggs. Berries and eggs should first be thoroughly chilled on ice, then served as soon as mixed.

STRAWBERRIES AND ORANGES.

Cover a quart of ripe strawberries with powdered sugar. Pour over them half a teacupful of orange juice and serve at once. This is very delicious.

STRAWBERRIES AND WHIPPED CREAM.

Select nice, ripe, sweet berries, wash thoroughly, then cap and put first a layer of berries, then powdered sugar, until the dish is filled, and cover with whipped cream; beaten together with the whites of two eggs and a spoonful of powdered sugar.

PEARS AND CREAM.

Take ripe, mellow pears. Peel and slice them, and sprinkle lightly with powdered sugar. Just before serving add a spoonful of whipped cream to each dish.

PEACH AND APPLE MUXIT.

(Mellow Apples, Ripe Peaches, Ground Nuts.)

Slice very thinly mellow apples. Put in a salad bowl. Crush half as many very ripe peaches which mix with whipped cream. Cover apples with this and serve. A few ground nuts can be added with marked improvement in nutritive value.

FRUIT MEDLEY.

Cut a hole in the stem end of an orange large enough to admit a spoon, and after the inside is taken out fill the orange with small bits of pineapple, bananas, oranges, ap-

ples, raisins, but before serving, grape or fruit juice of any kind poured over it will improve it. Sugar may be added if desired.

FRUIT DESSERT.

Oranges, Cocoanut,
Whipped Cream.

Cut sweet oranges in small pieces, grate the cocoanut; put a layer of each until the dish is well filled, and cover with whipped cream.

AMBROSIA.

Oranges,	Malaga Grapes,
Bananas,	Cocoanut,
Cocoanut,	Dates,
Pineapple,	Nuts.

Slice bananas and cut in small pieces the other fruits, removing the seeds from grapes. Put a layer of each until the dish is filled. Then cover the top well with grated cocoanut, and a few nut meats.

BANANAS AND CREAM.

There is nothing more nutritious and delicious than a very ripe banana sliced with dates and nuts and served with thick cream.

FIG BUTTER.

Select nice fresh figs and grind them. This makes a delicious butter. Served with unfired wafers and cream cheese is very delicious.

DATE AND NUT BUTTER.

Dates and nuts ground together make a very delicious butter or paste.

SNOW PUDDING.

Jelly Powder, 6 Eggs,
Cream.

Prepare one package of jelly powder. Then take the whites of six eggs stiffly beaten, and thoroughly beat into the jelly when partly cool. Set on ice until ready to serve. Serve with thick cream.

GRAPE TRIFLE.

Grapes, Vanilla,
Sugar, Cream.

Put through a sieve two pounds ripe grapes; add sugar to taste. Put into a glass dish and cover with whipped cream flavored with vanilla. Serve very cold.

ALMOND CUSTARD.

½ box Jelly Powder, 4 tablespoons Sugar,
1 pint Rich Milk, 1 tablespoon Bitter Almond,
2 Eggs, 1 cup Whipped Cream.

Prepare jelly powder. Then dissolve in one pint of warm, rich milk. Add two well-beaten eggs, one tablespoon of sugar and one tablespoon extract of bitter almond; to this add one cup of whipped cream, and beat lightly. Pour into a deep glass dish, and when set place a few blanched almonds or pecans over the top and serve.

FRUIT AND NUT MEDLEY.

Bananas, Oranges,
Pineapples, Dates,
Pecans.

Slice bananas, cut oranges and pineapple in small pieces. Take the stones out of dates and put a layer of each until the dish is filled, and a few nut meats on top. This makes a very pretty and delicious dish.

LEMON TRIFLE.

Lemons, Grape Juice,
Sugar, Cream,
Nutmeg.

Two lemons, juice of both and grated rind of one, a scant cup of sugar, 1 cup grape juice, 1 pint of cream, whipped stiff and sweetened, a little nutmeg. Strain the lemon before adding the grape juice and nutmeg. Whip gradually into the whipped cream. Serve in glasses. Soon after it is made it should be eaten.

A SIMPLE DESSERT.

Eggs, Peaches,
Sugar, Dates,
Cream.

Beat the whites of six eggs into a very stiff froth, then add gradually 6 tablespoonfuls powdered sugar, beating at least 15 minutes. Then beat in one heaping tablespoonful of fresh peaches (mashed) and as many seedless raisins or dates cut fine. Serve with thick cream.

FRUIT AND NUT CUSTARD.

1 pint Milk, 2 oz. Sugar,
2 oz. Grape Juice, Few Pecan Meats and Raisins,
Dessertspoonful Liquid Rennet.

Add grape juice, rennet and sugar to the milk, lukewarm. Put nuts and raisins in custard cups. Pour the milk and combination over it. Allow to cool. Serve with whipped cream.

APPLE FROST.

1 Cup of Cream, 1 Lemon,
5 Eggs, 4 Apples (grated),
Jelly Powder.

Beat cream stiff, sweeten to taste. The whites of eggs beaten lightly, to which add the juice of lemon, whip slowly into this the cream. Have prepared three tablespoonfuls of jelly powder and when nearly cooled mix all together, beating thoroughly.

APPLE SNOW.

Peel and grate six nice apples, not too tart, and add the well-whipped whites of three eggs; sweeten to taste. Beat well until it is thoroughly mixed. Flavor with vanilla and serve with sweet cream.

APPLES WITH OLIVE OIL.

Peel a ripe apple, cut in eighths or sixteenths, place in a sauce dish and pour over it a few spoonfuls of olive oil. This, eaten with nuts, makes a delicious breakfast.

APPLES.

The acid of apples is among the most healthful of substances taken into the human stomach. It rouses the action of the liver when torpid, and thus enables it to eliminate and throw off the germs of bilious disorders and those of other diseases arising from slow blood poison. They must also be classed as among the most important and valuable of the vegetable growths, especially for that class who work with the brain.

ORANGES ICED.

These make a very ornamental dish, and can be used for decorations. About eight fine sweet oranges should be peeled and quartered, and a soft icing made of two pounds of powdered sugar and the white of ten eggs. Each section should be thoroughly dipped until covered with icing, and then strung on a thread and suspended in the oven or sunshine to dry. Care should be taken not to have enough heat to brown them, and if not thoroughly covered they should be redipped. This is a very delicious and novel dish.

RASPBERRIES ICED.

Beat the white of one egg and stir in with it two tablespoonfuls of cold water. Immerse in this the raspberries one by one; drain and roll them in finely powdered and sifted sugar. Lay them on paper to dry, and arrange them with other fruits in a dessert dish. Time to dry, six or eight hours.

CURRANTS (No. 1.)

Mash a large cupful of ripe currants, squeeze through a cloth strainer, sweeten the expressed juice, and pour over a dish of whole currants. Serve very cold.

CURRANTS (No. 2.)

Select large bunches of ripe currants, dip in frothed white of egg, roll in powdered sugar and serve on the stem. This makes a beautiful table decoration.

PINEAPPLE.
(To Cut for Serving.)

Pare a pineapple so that the fruit shall be wasted as little as possible, and in order to do this notch it, in and out, and carefully remove all the specks and eyes. Pick the fruit from the core with a silver fork in pieces as large as a bean or shred it on a slaw cutter. Place in a dish and set on ice until wanted.

PINEAPPLE.
(Served Whole.)

Where the pineapple is very fine and ripe it may be brought to the table whole. It is a pretty dish, and can be served by digging out the eyes with a cheese scoop or pointed spoon. The sections will be found to run clear to the center and will split as easily as those of an orange. Pineapple thus served should be eaten by holding it in the hand.

ORANGE BASKETS.

Cut as many oranges as will be required, leaving the peel whole for the baskets, and a strip half an inch wide for the handles. Remove the pulp and juice and use the juice in making orange jelly. When ready to serve put a spoonful of whipped cream over the jelly in each basket. Serve in a box lined with orange or laurel leaves.

GRAPE FRUIT.

This fruit possesses great medicinal property, and is gaining in popularity every year.

To prepare for the table, they should be cut in half, removing the hard pith and the seeds in the center. Fill the cavity and sprinkle the surface with powdered sugar, pouring over each half a tablespoonful of grape juice. This should be allowed to stand an hour before using.

The abundant acid and slightly bitter flavor of this fruit serves to quench thirst, and it is regarded by many as a sovereign remedy for biliousness. It is undoubtedly one of the best liver tonics in the fruit kingdom; better results will be obtained by not diluting it with sugar.

THE GUAVA.

This tropical or semi-tropical shrub yields an important dessert fruit. It is, however, known to the inhabitants of the cooler zones only through guava jelly—a rich, conserve imported from the West Indies. The guava is cultivated in Florida, but the manufacture of guava is chiefly confined to the West Indies.

TO KEEP LEMONS.

Lemons may be kept for a time by running a string through the nibs and hanging in a dry place.

MELONS.

Of all the fruits that grow in the balmy clime of the South there is none so much appreciated as the watermelon. While the watermelon contains over 90 per cent. water, it also contains 10 per cent of carbohydrates, and other valuable food properties.

We have given no recipes for the preparation of this, for the very obvious reason that it needs none.

Those who have consumed the watermelon only in diningrooms and fashionable cafés know but little about the enjoyment there is in disposing of this article in the good old Southern way. They should see two Southern cornfield "niggers" on a hot summer's day, making for the shade of a mulberry tree, laden with two large "millions" each, and watch them go after the luscious contents of this fruit without knife, fork, or spoon. This scene might whet up the imagination of the æsthetic cityite until he perhaps could gain some information as to how to eat and form some vague estimate of the pleasure of consuming a melon as the Asiatics did a thousand or two years ago.

The watermelon, cantaloupe and muskmelon compose a triad of the best fruits known.

Their virtue consists largely in the fact that they contain large quantities of pure non-acid distilled water and much fruit sugar, which stimulates the activity of all the digestive organs.

EVAPORATED FRUITS.

The process of evaporation is merely the taking from fruits enough water to keep them from decay. Therefore, in preparing them for the table, all that is necessary is to restore to them the water. This can be done by soaking them in pure, spring water, preferably water that has been distilled. This will give the nearest approach to ripe fresh fruit that can be secured out of season. Cooking totally destroys and takes from fruit its life and freshness.

PRUNES.

Take a quantity sufficient for two or three days, wash thoroughly, put in a deep vessel or pitcher, adding just enough lukewarm water to cover. Let them stand over night. They will be found thoroughly softened. The peeling can be easily removed. Then serve with thick cream. This will be found to be a delicious and healthful breakfast dish. The juice or syrup should not be poured off; the unused portion can be left in the vessel from 48 to 60 hours without injuring, if kept in a cool

place. The large fancy variety, running from twenty to thirty per pound, are much better for preparing in this manner.

PEACHES AND APRICOTS.

Take quantity desired. Place in deep vessel. Lay upon them a light weight, and add a small quantity of water, not quite enough to cover. Let stand six or eight hours. Then remove fruit to another vessel. Take a few pieces of same, remove the peeling and reduce to a pulp. Add this to water in which fruit was soaked. Pour this over the soaked fruit and serve.

Recipe No. 2.—Prepare same as recipe No. 1, only mix a few seeded raisins with the fruit. This will furnish a delicious sweetening without the use of cane sugar, which is not recommended to use with acid fruits.

The method employed in the foregoing recipes can be applied to all evaporated fruits.

EVAPORATED APPLES WITH RAISINS.

Take the quantity of dried or evaporated apples desired, and about half as many seeded raisins as apples. Wash apples thoroughly, mix raisins with apples in a deep vessel, and hardly cover with warm water. Let stand over night, when they will be ready to serve.

NUT-FIG MARMALADE.

Cover a small platter with ground figs, one-quarter inch thick. Cover this with a layer of blanched, sliced Brazil nuts, about one-eighth inch thick, then a layer of seeded

dates. Over this place a layer of pecan meats, then another layer of ground figs, and cover this with sliced Brazil nuts. Press firmly together and slice with sharp knife. This is very delicious served plain with whipped cream.

STUFFED PRUNES.

Soak prunes until soft. Remove pits and stuff with nut-meats.

STUFFED DATES.

Select whole, firm dates, wash and remove stone and fill cavities with any kind of nuts desired or with cream cheese. Pack firmly and allow to dry before using.

PRUNE DESSERT.

Soak the prunes seven to eight hours, remove pits and chop fine; cover bottom of pudding dish with prunes, over this a layer of ground nuts, alternate layers until dish is nearly filled. Cover with the beaten whites of the eggs, a little lemon juice and powdered sugar beaten very stiff; dot with pecan nuts and serve.

CHEESE AND JUNKET.

JUNKET.

Into a quart of milk stir two tablespoonfuls of powdered sugar, a teasponful of liquid rennet. In a warm room the milk will soon become "set" like a custard, when it must be put on the ice until needed. Serve with sugar and cream from the same bowl in which it was formed. Any kind of fresh fruit may be added to the junket before it has entirely congealed and a portion of fruit given with each service.

CLABBER

Is nothing more than milk which has soured and turned or thickened until it is of the consistency of baked custard. It should then be set on ice, or in a cool place and not sent to the table until ready to use. Some individuals prefer this as a relish just as it is, but most people use sugar, cream and grated nutmeg. The milk may be put in a glass bowl before it turns. As a diet, however, better results will be obtained by using it without sweetening or flavoring.

CREAM CHEESE.

Take thick cream and tie it in a wet cloth. Stir a teaspoonful of salt into every pint of cream. Hang it in a

cool airy place for three or four days to drain. Then turn it into a clean cloth, which must be put into a mold and under a weight for about twenty-four hours longer, when it will be fit for use.

CREAM CHEESE AND NUTS.

Cover a layer of cream cheese with dates sliced thin, and on that, a layer of pecan nuts or sliced Brazil nuts, taking care that the nuts form the top layer. Serve very cold.

CAKE, PUDDINGS AND PIES.

FIG AND NUT CAKE.

Figs, Nuts,
Dates, Flaked Wheat

(For five or six portions.)

Take three cups of flaked wheat. Add sufficient milk to *moisten,* but have as dry as possible, and after standing one hour use one-half of that for a layer, then a layer of ground figs, a layer of nuts chopped or cut in pieces, a layer of dates in halves with stones removed, another layer of the wheat, using the remainder. An icing can be made of white of two eggs and a little sugar beaten very stiff or whipped cream and pecan meats laid on top. Cut with a very sharp knife.

SWEET POTATO PUDDING.

Sweet Potatoes, Eggs,
Cream, Nutmeg,
Sugar, Gelatine,
Milk.

Grate potatoes on a large grater and then drain on a sieve. To six heaping teaspoonfuls of potato add two of cream, two of sugar, yolk and beaten white of one egg, nutmeg or vanilla extract. Prepare heaping teaspoonful of jelly powder. Add to mixture and set in cold place. Turn out of mold and serve with cream.

CHERRY PIE.

Flaked Wheat, Cherries,
Milk, Whipped Cream.

Take enough flaked wheat to make the crust. Add a little salt. Put in just enough milk to moisten thoroughly. Let stand two or three hours. Butter the tin to prevent sticking, spread the wheat over the pan, the same as pie dough. Then set in a warm place—probably on the shelf over the stove—until thoroughly dry. Take out cherry pits, add sugar, spread the cherries over the crust, then (for meringue) a layer of whipped cream. If made properly it makes a delicious pie. In the winter evaporated cherries may be used if they are soaked over night in just enough water to cover.

PEACH PIE.

Flaked Wheat, Eggs,
Peaches, Whipped Cream.

Make crust same as cherry pie. Either fresh or evaporated peaches can be used. Put the fruit through a colander, add sugar to taste, mix well, spread on crust, then spread a meringue made of the whites of two eggs and a little sugar beaten very stiff. Pies made of sweet fruit should have meringue made of whipped cream.

PRUNE PIE.

Flaked Wheat, Sugar,
Prunes, 2 Eggs.

Make crust same as cherry pie. Soak prunes until very soft. Drain off all water. Take out pits, mash through a colander, add a little sugar. Spread on the shell, cover with meringue, made of the whites of two eggs and a little sugar beaten quite stiff or with whipped cream.

JELLIES.

Owing to the fact that there are so many gelatine and jelly preparations on the market that are inferior, adulterated and harmful as food, it becomes necessary, for the guidance of our readers, to indicate some particular kind that investigation has proven to be pure and wholesome. We therefore, on account of its purity and simplicity in preparation, recommend and refer in the following recipes to a jelly powder known as "Bro-man-gel-on." In the recipes it will be known as jelly powder.

STRAWBERRY SPONGE.

Bro-man-gel-on, Eggs,
Berries.

Dissolve one box Bro-man-gel-on Jelly Powder (lemon flavor) in one pint of hot water. Set aside to cool. When it begins to harden, whip the whites of three eggs stiff, and beat into jelly, a little at a time, until you have a smooth sponge. Then stir in half a pint of fresh, firm berries; turn all into a mold and set on the ice for a couple of hours. Serve with thick cream.

STRAWBERRIES IN JELLY.

Jelly Powder (1 box), Berries (½ pint),
Whipped Cream.

Dissolve one package of jelly powder (lemon flavor) in one pint of hot water. Set aside to cool. When it begins to form, arrange the berries in regular order in the bottom of a mold. Wet with water. Pour the jelly in upon them and set all on ice until jelly is cold and hard. Turn out on platter and decorate with whipped cream.

STRAWBERRY JELLY.

Berries, Sugar,
Jelly Powder, Whipped Cream.

Wash and cap one pint of ripe, sweet berries, add one-half cup sugar, and let stand an hour. Dissolve one package of jelly powder in one pint of hot water, and when it begins to thicken add the sweetened strawberries. Pour this in cake pan with tube and set on ice until firm. Then turn out on platter and serve with whipped cream. It makes a pretty dish to fill the cavity with cream.

STRAWBERRY ICE CREAM.

Jelly Powder, Berries,
Sugar, Cream.

Prepare one package of strawberry jelly powder. Add to this one-half cup of sugar. When it begins to thicken, place in a freezer, and when partly frozen add one pint of thick cream and freeze like any other ice cream. The individual dishes may be decorated with fresh ripe berries, or slices of very ripe bananas.

STRAWBERRY FOAM.

Berries, Jelly Powder,
Sugar, Lemon,
Whipped Cream.

Sprinkle one-third pint of capped strawberries with sugar and set them aside in this for an hour, when the juice will be found to run freely. Press the berries through a sieve and extract all the juice. Have ready one box of jelly powder dissolved in hot water, and when cool, stir in the strawberry juice and the juice of one lemon; when it begins to thicken beat into a half pint of whipped cream. Set on the ice until thoroughly chilled.

PEACH JELLY.

Peaches, Jelly Powder,
Cream.

Place in glass dish halves of very ripe peaches. Dissolve one package of Bro-man-gel-on in hot water; set aside, and when it begins to thicken pour over the peaches. Put in a cool place. Serve with plain or whipped cream.

ORANGE CUPS.

Oranges, Bro-man-gel-on,
Nuts, Whipped Cream.

Dissolve one package of jelly powder in one-half pint hot water. When thoroughly dissolved add one-half pint of orange juice, and when beginning to thicken add one-half pint of English walnuts or pecans. Pour in small after-dinner coffee cups and set away to harden. Have

ready cups made of oranges by quartering the peel and scooping out the centre. When ready to serve, take jelly from molds, turn into orange cups, and serve with whipped cream.

APPLE SNOW.

Jelly Powder, Eggs,
Apples, Sugar.

One grated sweet apple, white of one egg beaten stiff, and sugar to taste. Beat all until quite firm and fill glasses.

JELLY FOR SNOW.

Dissolve one package of jelly powder. When cool pour in wine glasses filling them three-quarters full. When hard, fill glasses with snow.

GRAPE JELLY.

Bro-man-gel-on, Grapes,
Whipped Cream.

Dissolve one package of jelly powder. When cool add one-half pint of sweetened whipped cream and one-quarter pound of Malaga grapes (seeded). Beat slowly until this begins to stiffen. Place in a mold until hard. Serve with thick cream.

ICE CREAM WITH JELLY.

Ice Cream, Fruit,
Jelly Powder, Ice and Salt.

Take one quart of plain ice cream. Then fill a round vessel or mold, holding about one quart, with cream, leav-

ing a hole in the centre. Have prepared one package of jelly powder, flavor with any fruit desired, and fill the centre of ice cream. Place cover on mold, pack in ice and salt. When ready to serve dip the mold in warm water, when the contents can be easily removed.

DATE JELLY.

Jelly Powder, Stuffed Dates,
Whipped Cream.

Prepare one package of raspberry and one package of orange jelly powder in separate vessels. Pour half the raspberry into mold. When this hardens cover top with stuffed dates. Pour over this half of the orange mixture. After it has begun to harden cover the top with stuffed dates. Alternate the layers until all the jelly has been used. Place on ice and serve with whipped cream.

RUSSIAN JELLIES.

Jelly Powder, Fruits,
Cream.

These are made of two varieties of jellies by using a double mold. The outside jelly is usually transparent, Make the outside jelly shell by placing the smaller mold in the large one, and filling up the space with a clear jelly. Then take out the small mold and fill the centre space with a colored jelly or a mixture of fruits and cream. There are so many ways of molding and coloring these jellies that they can be made a beautiful decoration.

FRUIT JELLY.

Jelly Powder, Bananas,
Thick Cream.

Dissolve one package of jelly powder in hot water. When thoroughly dissolved, add a few bananas or any kind of sweet fruits. Set on ice to mold. Then serve with thick cream.

ORANGE AND BANANA JELLY.

Jelly Powder, Bananas,
Oranges, Sugar,
Cream.

Slice three bananas lengthwise. Slice three oranges. Dissolve one package of jelly powder in hot water, then add the juice of one lemon and sweeten to taste. Place a layer of bananas, then a layer of oranges, a little sugar, until the dish is filled. When the gelatine has slightly cooled, pour it over the fruit. Set on ice until firm, and serve with cream.

BANANA CREAM.

Jelly Powder, Cream,
Bananas, Sugar,
Nuts.

Peel four very ripe bananas, rub through a colander. Add to this one cup sweet cream beaten to a stiff froth and four teaspoonfuls of sugar. Have ready one package of jelly powder dissolved, and when a little cool, add it to fruit, cream and sugar. Pour in mold to harden and serve with whipped cream. A few nut meats placed on the top will very much beautify this dish.

PRUNE JELLY.

Prunes, Almonds,
Bro-man-gel-on, Whipped Cream.

Soak eight large prunes over night in warm water. Remove stones and place a salted almond in each prune. Cover the bottom of the mold with the prunes, and pour over that the prepared jelly powder. Instead of using one pint of *hot water* to dissolve the powder, warm one pint of the water the prunes were soaked in for that purpose. Serve with whipped cream.

GRAPE JELLY.

Jelly Powder, Lemon,
Grape Juice, Sugar,
Whipped Cream.

Dissolve one package of lemon jelly powder in one cup of warm water. When cool add one cup of grape juice and the juice of one lemon, sweeten to taste. Pour in mold and set on ice. When firm, serve with whipped cream. Any fruit juice desired can be used.

WATERMELON JELLY.

Melon, Raisins,
Jelly Powder, Almonds.

Take a cold melon from the ice. Scoop out the centre. Make enough lemon jelly to fill the cavity. Seeded raisins can be placed in jelly for seeds. Another pretty way is to remove part of the centre after the lemon jelly has hardened and have enough strawberry jelly to fill in the centre, making it look like the red meat of the melon, and place salted almonds or pignolias for the seeds, serving in the melon rind.

SNOW JELLY.

Bro-man-gel-on, Cocoanut,
Sugar, Cream.

Dissolve one package of strawberry jelly powder in a pint of hot water. Fill molds and allow to cool. When hard turn on platter, cover with grated cocoanut, sifting powdered sugar over the top. Serve with thick cream.

GRAPE FRAPPE.

Jelly Powder, Three Eggs,
Grape Juice, Whipped Cream.

Dissolve one package of lemon jelly powder in one-half pint hot water, and when dissolved add one-half pint of grape juice, and mix well. Allow to cool. Beat the whites of three eggs to a stiff froth, and when the jelly begins to thicken, add gradually to the beaten whites, beating continually. When it is hard enough to keep its shape put in a mold and set on ice again. Serve with whipped cream.

MOUSSÉS, SAUCES AND WHIPS.

GOOSEBERRY SAUCE.

Select large, ripe gooseberries, cut off blooms and stems, sprinkle with sugar and serve with cream.

DATE SAUCE.

Apples, Dates,
Whipped Cream.

Grate four firm tart apples. Take an equal quantity of dates, remove the stones and mash thoroughly. Then add grated apples with a silver fork, mix thoroughly, and serve with whipped cream.

BLACKBERRY SAUCE.

Select nice, ripe berries; wash thoroughly, mash with a potato masher, sweeten to taste, and serve with a spoonful of whipped cream.

HUCKLEBERRY SAUCE.

Select and wash nice, ripe huckleberries and serve with cream.

STRAWBERRY SAUCE (No. 1.)

Butter, Sugar,
Strawberries.

Beat two ounces of butter to a cream, adding gradually four ounces or a half cup of powdered sugar. Then add twelve strawberries one at a time, mashing and beating until the whole is perfectly light. If it has a separated and curdled appearance add a little more sugar and let stand in a cold place until wanted.

STRAWBERRY SAUCE (No. 2.)

To one pint of sweet berries mashed up to a pulp, take the stiffly beaten whites of two eggs, mix thoroughly, sweeten to taste, and serve.

CRANBERRY SAUCE.

Clean well and grind very ripe cranberries, adding sugar to taste.

AS DESSERT.

Add to the above sauce, the well-beaten whites of eggs. Mix a part in, and the remainder over the top and serve.

FRUIT WHIP.

Whites of Eggs, Cream.

Mash and sweeten to taste, either strawberries, raspberries, nectarines or peaches. Wash the fruit, and to every quart add the whites of four eggs well beaten. Set on ice and serve with or without cream.

PRUNE WHIP.

Prunes, Eggs,
Cream.

Soak one pound of prunes until very soft, take out of water, remove pits, mash through colander, then beat the white of one egg very stiff and whip into the prune pulp. Serve with thick cream or whipped cream. This is enough for six or eight dishes.

ORANGE WHIP.

Eggs, Jelly Powder,
Oranges.

Beat the whites of two or three eggs to a froth. Dissolve one-half box of gelatine or jelly powder, one-half pound of sugar, and the juice of six or eight oranges together and allow the mixture to jelly slightly. Then add the eggs, which should be stiff enough to stand alone. Mix all thoroughly together, put into molds, and set on ice.

STRAWBERRY MOUSSÉ.

Strawberries, Whipped Cream,
Jelly Powder, Sugar.

Mash together one quart of nice ripe berries and one pint of granulated sugar. Let this stand two hours. Meanwhile soak half package of jelly powder in one-and-a-half cupfuls of hot water. Rub the crushed berries through a coarse sieve. Add to this the jelly when partly cool. Stand the basin containing this mixture in a pan of ice water and stir until the contents begin to thicken. Then add three quarts of whipped cream. Stir all until

well blended. Pour this mixture into the freezer, put on a cover, using plenty of ice and salt around the freezer. It will require four hours to harden.

RASPBERRY MOUSSÉ.

Cream, Raspberry Juice,
Sugar.

One quart of rich cream, one gill of raspberry juice, one-half cup of powdered sugar. Sweeten the cream, mix the juice with it, and whip all until very light and frothy. Freeze as you would ordinary ice cream.

MAPLE MOUSSÉ.

Double Cream, Maple Syrup.

After mixing one pint of double cream with one cupful of maple syrup, beat with a rotary egg-beater until the mixture is thick to the bottom of the bowl. Then turn into a chilled mold, filling it to overflow. Cover with a sheet of paraffin paper; pressing the cover of the mold into place over the paper. Chill for three or four hours by packing closely in equal measure of crushed ice and salt.

CREAMS.

FRUIT CREAM.

Bro-man-gel-on,	Fruit,
Milk,	Whipped Cream.

Dissolve a package of jelly powder in warm milk. Then add (when nearly cold) pieces of sweet fruit. Set on ice to mold, and serve with whipped cream.

BAVARIAN CREAM.

1 Package Gelatine,	1 Cupful of Sugar,
1 Quart Ripe Berries,	1 Pint of Whipped Cream.

Soak half a package of gelatine in a cupful of cold water two hours. Mash together the berries and sugar, and let them stand an hour. Then press through a fine sieve, ejecting the seeds. Pour half a cupful of hot water on the soaked gelatine, and when it is dissolved, add to it the strained berries. Stand the pan containing the mixture in a basin of ice water, and beat until it begins to thicken. Then stir in one pint of cream that has been whipped light and dry. Stir gently from the bottom into a mold and set away to harden. When serving, heap fresh berries or fruit in the centre of the mold, and serve whipped cream in a separate dish.

APPLE AND EGG CREAM.

Grate one large mellow tart apple, add the well-beaten white of one egg. Serve with cream.

BANANA CREAM (No. 1.)

Take five or six very ripe bananas, reduce to a fine pulp, add the juice of one lemon and a half cup of powdered sugar, beat thoroughly and serve.

BANANA CREAM (No. 2.)

Rub through a coarse sieve; add as much cream as fruit and a pinch of salt. To one pint of this mixture add two ounces of powdered sugar. Beat this with a whip until it is light and frothy. Serve in glasses and sprinkle blanched or powdered almonds over the top. In the centre of each place a candied cherry. Serve cold.

BANANA CREAM (No. 3.)

Mash to a pulp four good, ripe bananas, and add to the stiffly beaten whites of two eggs. Mix thoroughly, sweeten to taste. This should be used as soon as possible as the bananas turn dark very soon.

APPLE, ALMOND CREAM.

8 or 9 Sweet Apples, ½ Teacup Seeded Raisins,
½ pound Sweet Almonds, 1 Egg,
A little Nutmeg, ½ cup Thick Cream.

Peel and grate the apples, blanch and grind the almonds,

add a little nutmeg, one-half teacup chopped seeded raisins, and the white of one egg beaten stiff with one-half cup of thick cream. Mix all ingredients thoroughly and serve.

NUT CREAM.

Pecans,	Sugar,
Almonds,	Jelly Powder,
Cream,	Whipped Cream.

Take three ounces of pecans, one ounce of blanched sweet almonds, chop or pulverize. Then add one pint of cream and three or four tablespoonfuls of sugar and over this pour one-half package of jelly powder, which has been thoroughly dissolved in warm water. Put it upon the ice. When about to thicken, stir it until very smooth, then stir in lightly one pint of whipped cream, and put it into a mold.

PEACH CREAM.

½ dozen Peaches (very ripe),	1 cup Sweet Cream,
1 Box Bro-man-gel-on,	1 pint Whipped Cream.

Mash peaches through a colander, sweeten to taste. Have prepared a package of jelly powder and when cool add to this peaches and one teacup of sweet cream, stirring well. Set on ice, add one pint of whipped cream and stir as this is thickening. Then place in a mold.

STRAWBERRY CREAM.

2 quarts Berries,	1 pint Whipped Cream,
1 box Jelly Powder,	Sugar.

Select nice, very ripe strawberries, wash and mash

through a colander, sweeten to taste, prepare jelly powder with one-half pint hot water. When cold add the strawberry juice and strain pan. Set on ice and stir until it thickens. Then add whipped cream and mix thoroughly. Pour in a mold, and set in a cool place to harden. Serve with whipped cream.

ICE CREAM, ICES AND DRINKS.

ICE CREAM.

If one gallon is to be made use two quarts pure cream, one quart unskimmed milk, one quart crushed fruit, sweeten to taste.

First pack freezer with ice and salt. Then pour into a gallon receptacle, the cream, milk and sugar, and stir until sugar is dissolved. Pour this into the freezer, adding the crushed fruit last so as to avoid curdling.

To make good, pure ice cream only use rich milk and pure cream in about equal parts. Any fruit desired may be used.

RASPBERRY ICE.

4 cupfuls of Water, 2 cupfuls of Sugar,
2 cupfuls of Raspberry Juice, 2 Lemons.

Mix the juice of the raspberries and lemons with the sugar and let them stand for an hour. Strain through a wire sieve, add the water and freeze, same as ice cream.

PEACH ICE.

Peaches, Sugar,
Whites of Eggs.

Into one quart of very ripe peaches (mashed) stir in a

cupful of water, one pound of sugar, and the unbeaten whites of five eggs. Turn all into the freezer and grind until firm. Any ripe fruits desired can be used in the place of peaches.

SORBETS.

Sorbets are simply sherbets half frozen, and they are generally served in glasses after the second course of a dinner. They are frozen without beating and with very little stirring, and the result is a rough, icy substance. Any kind of fruit juice may be used for these, or several kinds mixed.

STRAWBERRY ICE.

3 pints Crushed Ripe Berries, 1 pint Picked Berries,
1 pound of Powdered Sugar, 3 pints of Water, (whole).

Wash thoroughly and crush the berries with a silver fork and cover with one pound of powdered sugar. Let stand aside in a cool place for half an hour. Then add to the fruit three pints of water. Pass through a fine hair sieve or cloth, and just before freezing add a pint of picked berries.

STRAWBERRY SHERBET.

Sugar, Lemon Juice,
Berry Juice, Whites of Eggs.

To one pint of granulated sugar add one and one-half pints of warm water. To this add one and one-half pints strawberry juice or berries after they have been run through a coarse sieve add the juice of one large lemon.

(Freeze like ice cream.) Just before it becomes stiff, add the whites of two eggs lightly beaten.

ICED CANTALOUPE.

Divide a cantaloupe in half. Remove seeds. Place upon the ice until very cold. Chip off the ends so they will set level on plate. Fill with ice cream or ices of any kind. To make an ornamental dish, one or two cherries can be slightly pressed into the cream.

We regard it as unnecessary to give recipes for the following drinks, as the method of making them is so universally known:

Lemonade,	Buttermilk,
Grape-juice,	Milk Shake,
Cider,	Egg-nog, etc.

Very delightful and refreshing drinks can be made by crushing thoroughly any ripe fruit or berries, and straining the juice from the pulp, and adding water and sugar.

NECTAR.

3 Oranges,	Crushed Ice,
3 Lemons,	Sugar,
1 pint Water,	A bit of Mint.

Extract the juice of oranges and lemons, mix with water and crushed ice, sugar and mint, stir well and serve.

ORANGEADE.

Roll as many oranges as you desire to use, squeeze the juice, allowing eight to one pint of water. Use the juice of two lemons to eight oranges. Sweeten to taste.

MEDLEY NECTAR.

Crush one pound of berries. Add to them one quart of water, one lemon sliced and the juice of one orange. Let these ingredients stand in an earthen bowl for three or four hours. Then strain, squeezing all juice out of the fruit. Dissolve one pound of powdered sugar in it, strain again, and put on ice until ready to serve.

MENUS.

From the following menus given some idea can be formed as to the order in which elementary meals should be served. The highest object to be attained in the preparation of a single meal or for an entire day or week is a perfectly balanced bill of fare; that is, to serve such foods as will furnish to the body all the elements of nutrition in the right proportions.

SUGGESTIONS FOR SEVEN DAYS' MENUS.

MONDAY.

BREAKFAST.

Apples.

Pecans. Filberts.

Turkish pulled figs with cream.

LUNCH.

Pecans. Peanuts.

Vegetable salad with Hygia dressing.

Unfired crackers. Sweet butter.

Evaporated peaches and raisins.

Milk.

DINNER.

Oranges.

Apples.

Pecans. Pignolias.

Ripe Olives. Lettuce.

Flaked Oats, Dates and Cream.

Unfired Crackers. Sweet Butter.

Fruit Salad. Egg-nog.

TUESDAY.

Breakfast.

Apples.

Pecans. Bananas and Cream.
Unfired Wafers. Seeded Raisins.

Milk.

Lunch.

Persimmons. Apples.
Chestnuts. Pecans.
Celery Salad. Unfired Crackers.
Date and Nut Butter. Dates.
Flaked Wheat with Honey and Cream
Persian Prunes. Egg-nog.

Dinner.

Sliced Pineapple.

Pecans. Blanched Almonds.
Ripe Olives. Celery.
Unfired Wafers. Sweet Butter.
Sliced Bananas, Dates and Cream.
Egg-nog.

WEDNESDAY.

BREAKFAST.

Sliced Sweet Apples with Cream.

Pecans. Brazil Nuts.

Sliced Oranges. Dates.

Egg-nog.

LUNCH.

Pears.

Pecans. English Walnuts.

Tomato Salad with Hygia Dressing

Whole Wheat Nuts with Cream.

Fruit Wafers. Cream Cheese.

Turkish Figs with Cream.

Dates. Milk.

DINNER.

Oysters on Half Shell.

Unfired Crackers. Ripe Olives.

Stuffed Peppers. Pecans.

Chestnuts. Sun-cooked Corn.

Ice Cream. Fig and Nut Cake.

THURSDAY.

Breakfast.

Sliced Banana with Thick Cream.

Pecans.	Pignolias.
Dates.	Egg-nog.

Lunch.

Oranges.

Pecans.	Cold Slaw.

Persian Prunes with Thick Cream.

Unfired Crackers.	Oat Groats with Cream.
Dates.	Fig Butter.
Filberts.	Milk.

Dinner.

Tokay Grapes.

Pecans.	Unfired Crackers.

Sliced Cucumbers.

Flaked Wheat, Dates and Cream.

Cherry Pie.	Sweet Butter.
Brazil Nuts.	Seeded Raisins.
Ripe Olives.	Milk.

FRIDAY.

Breakfast.

Sliced Pineapple.

Pecans.	Brazil Nuts.
Evaporated Apricots.	Dates.
Figs.	Egg-nog.

Lunch.

Apples.

Pecans.	English Walnuts.
Lettuce.	Radishes.
Unfired Wafers.	Sweet Butter.
Fruit and Nut Medley.	Dates.
Raisins,	Milk.

Dinner.

Oranges.

Pecans.	Black Walnuts.
Ripe Olives.	Sliced Tomatoes.
Unfired Wafers.	Cream Cheese.

Flaked Wheat, Dates and Cream.

Prune Whip with Whipped Cream.

Figs.	Milk.

SATURDAY.

Breakfast.

Grapes. Apples or Pears.
Nuts. Dates. Milk.

Lunch.

Red Banana (very ripe) with Thick Cream.
Pecans. Brazil Nuts.
Seeded Raisins. Dates.
Whipped Egg. Rich Milk.

Dinner.

Grapes.
Pecans. Peanuts.
Lettuce with Olive Oil.
Fruit and Nut Medley.
Turkish Figs with Cream.
Unfired Wafers. Cream Cheese.
Dates. Egg-nog.

SUNDAY.

BREAKFAST.

Grape Fruit or Oranges.

Pecans. Pignolias.

Dates. Whipped Eggs

Milk.

LUNCH.

Bananas (ripe).

English Walnuts. Pignolias.

Unfired Crackers. Dates.

Cold Slaw with Olive Oil.

Persian Prunes with Cream.

Milk.

DINNER.

Grapes.

Winter Nellie Pears.

Pecans. Black Walnuts.

Ripe Olives. Celery.

Flaked Wheat, Dates and Cream.

Unfired Crackers. Cream Cheese.

Fruit Jelly with Whipped Cream.

Dates. Egg-nog.

SUGGESTIONS FOR BANQUETS.

The following menu was served at the first elementary or uncooked banquet ever spread in this country, given by the authors, June 18, 1903. The publicity given to this banquet, by the press of the country, and the unique lesson which it taught, and the enormous correspondence that was sent to the authors concerning it, showed with much emphasis the great demand there was for a comprehensive work on this subject. The object was more to show the numerous and attractive dishes that could be prepared from uncooked foods than to observe or follow any particular dietetic rule or law.

There is also given a more simple Banquet Menu, which will be found very satisfactory when a formal course dinner seems called for.

BANQUET MENU (No. 1.)

Oysters (or Clams) on Half Shell.

Olives. Celery.

Radishes.

Cream of Tomato. Unfired Bread.

Anchovy Salad.

Chip Beef in Cream. Cucumbers.

Fruit Punch.

Beafsteak à la Tartar.

Sun-cooked Corn. Flaked Wheat.

Young Onions. Sliced Tomatoes.

Fruit Salad.

Pecans. Pignolias.

Ice Cream. Fruit and Nut Cake.

Fruit Wafers. Cream Cheese.

Grape Juice.

BANQUET MENU (No. 2.)

Cream of Tomatoes. Unfired Wafers.
Ripe Olives. Celery.
Tomato Salad, Hygia Dressing.
Stuffed Peppers. Blanched Almonds.

Mascerated Cereal. Dates Whipped Cream
Sun-cooked Corn.
Pecan Nuts. Brazil Nuts.
Egg-nog. Unfired Bread.
Sweet Butter.

Fruit and Nut Medley.
Fruit Jelly with Whipped Cream.
Turkish Pulled Figs.
Spanish Persimmons. Pignolias.

Cream Cheese. Date Butter.
Unfired Fruit Wafers.

Ice Cream. Nut Fruit Cake.
Cereal Wafers.

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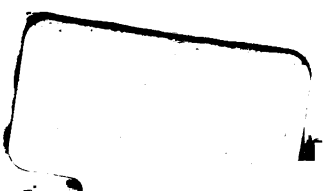
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